THE SATURDAY EVENING POST

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July/August '92

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Garth Brooks: Hitting 'em in the Heart

Bob Dole Speaks Out on Prostate Cancer

Arnold at the Fitness Farm

Dancing Your Way to Health

How to Have a Perfect Lawn

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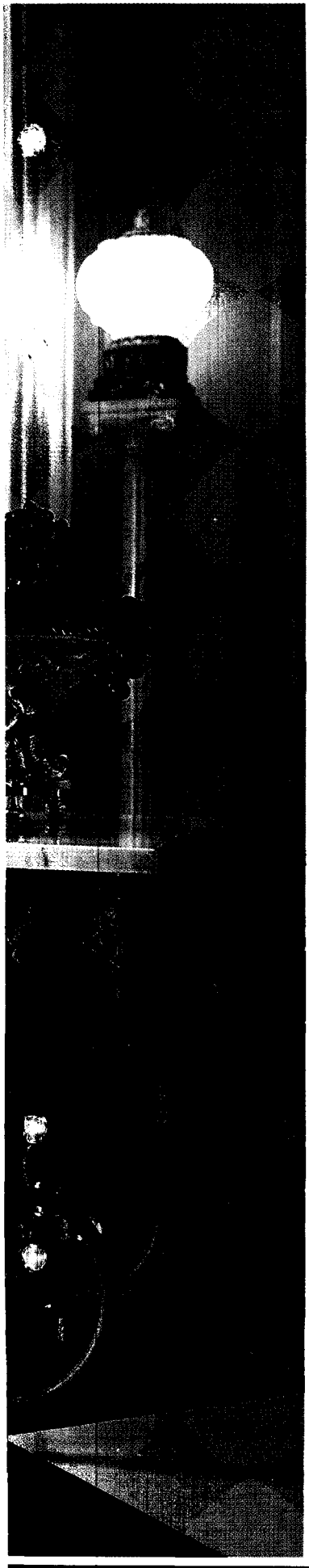
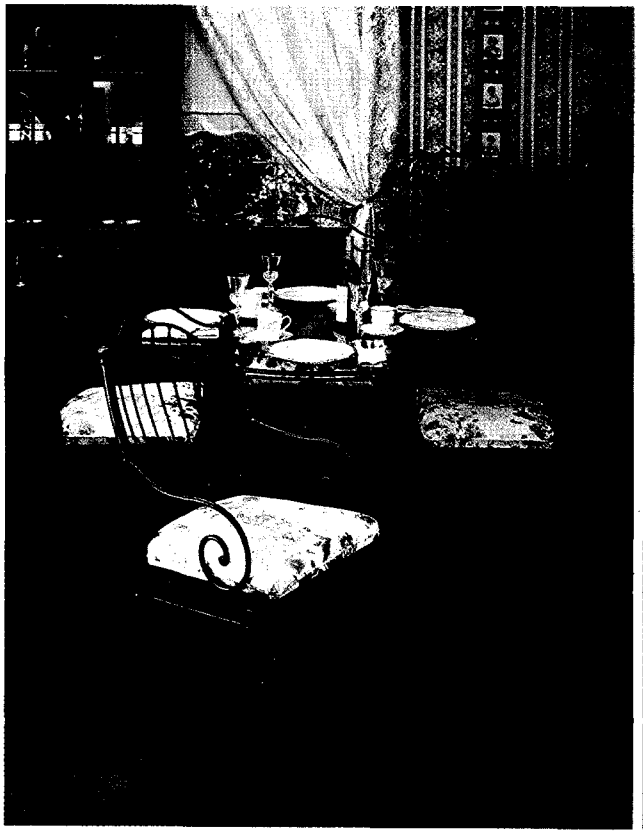


Left: Antique reproduction of a French Bread Patisserie Table

Above: Woodard's popular French Country Rocker.

Right: Traditions Crystal Top Dining Group.



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Garth Brooks—is winning "friends in *all* places" as the nation's number one singing sensation. 38

Children Follow the Leader—as Arnold Schwarzenegger shows the way to fitness at the big family Fitness Farm workout. 44

Designer Grasses—give homeowners a new lease on growing the lawn of their dreams. 67

Hoofing for Health—Should ballroom dancing become an Olympic event? More people are rediscovering this fun way to aerobic fitness. 49

THE SATURDAY EVENING POST

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(Cover photograph by James Schnepf/Gamma-Liaison)

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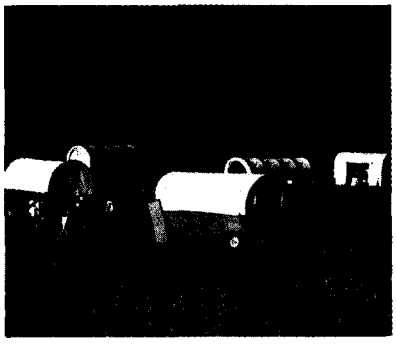
Broccoli Bounces Back—as scientists uncover its cancer-fighting properties. **22**

Marilyn Quayle—and her sister Nancy stir up international intrigue in their debut novel, *Embrace the Serpent.* **34**



City Slickers—forsake the station wagon for a covered wagon to get a pioneer's-eye view of America's great "Outback." **82**

Letters

A Real Lifesaver

Thank you so much for the article in your Nov./Dec. '91 issue, "David, Why Did You Wait?" It saved my husband's life.

I had been trying to get him to have the P.S.A. test done, but since he had no symptoms I guess he felt it wasn't necessary. I was reading the article in my doctor's office and borrowed it so my husband could read it. It spurred him to have the test done. He was diagnosed with a very aggressive type cancer and was in Stage B2. Stage C is when it has spread outside of the prostate gland. His doctor is also going to treat him with chemotherapy and radiation as a precautionary measure.

All men should have this test done. Thank you so much!

Mary Lou Baxter
Warsaw, Indiana

Had a Ball!

I would like to thank the *SatEvePost* for a lovely evening of dinner and dancing on our last night at the Indianapolis AAHPERD Convention. We had a wonderful week in Indianapolis and the Saturday Evening Ball was a nice way to let us relax and reflect on a more glamorous version of health, physical education, recreation, and dance.

It was especially exciting to me that you have chosen to promote dance as a way to help people stay physically fit. I have been a competitive ballroom dancer for the last five years and I can honestly say I'm in better shape now than I have been at any time in my life.

Again, thank you for your gracious hospitality during our trip to Indianapolis. On behalf of the National Dance Association, I wish you much success in getting the word out about the benefits of dance. If we can assist in any way, please feel free to call.

Rebecca Hutton, Ed.D.
Executive Director
National Dance Association
Reston, Virginia

I'd like to thank your Fitness Farm staff for allowing me to be a part of such a wonderful afternoon. It's always a thrill to see young children smiling and enjoying themselves, especially when it comes to golf!

At the golf station we ran 40-45 children plus a few adults through the golf instruction process, many of

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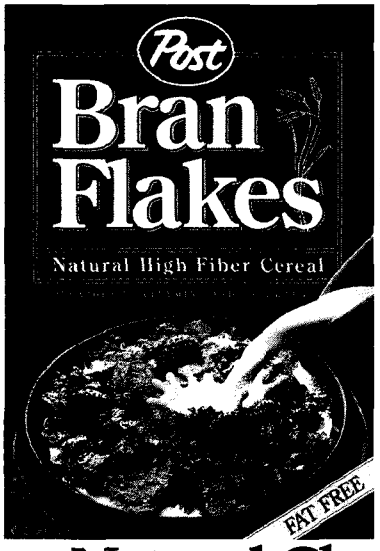

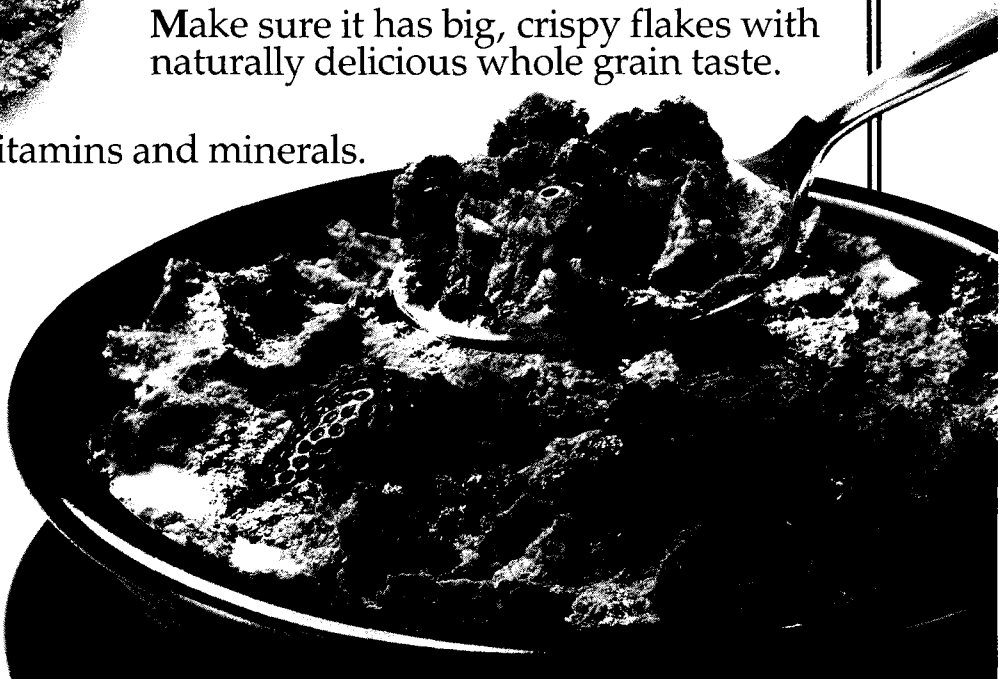

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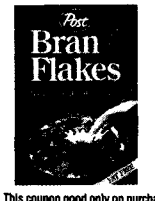

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whom had never swung a golf club before. I was very happy with the outcome. Who knows, we might have ignited the flame of an aspiring young golfer. Thanks again.

Steve Garber, Assistant Golf Pro
Meridian Hills Country Club
Indianapolis, Indiana

My wife and I certainly enjoyed attending the first annual Saturday Evening Ball on April 11. It was an impressive affair that we shall never forget.

We subscribed to *The Saturday Evening Post* because of its wholesome articles and stories and its emphasis on fitness and health as exemplified particularly by your "Medical Mailbox" section, which I usually read first.

Since our return to Green Valley we have told many of our friends about the Saturday Evening Ball and the fitness and health aspects of *The Saturday Evening Post*. As a result, they are becoming interested in the magazine, particularly those who were not yet aware of the revival of the magazine. They are especially interested in the idea of competitive ballroom dancing as an Olympic event.

We wish a long and healthy life for *The Saturday Evening Post*. Our lives are enriched because of our Saturday Evening Ball experience.

Art and Virginia Brainard
"Dance Missionaries"
Green Valley, Arizona

I would like to thank you for letting the Athenaeum Orchestra be a part of your lovely Saturday Evening Ball. When your representative asked me if we would be available to play the "Viennese Waltzes" portion, he did not mention that there would be a special guest present who enjoyed waltzes as much as we do. So it turned out to be an additional treat for our Conan and Terminator fans to sit so close to the podium while Arnold Schwarzenegger delivered his address and so graciously complimented the musicians.

It was also interesting that you announced the fitness program for "seniors" that evening as the *vast* majority of players in our volunteer orchestra have been retired for some time. They do get plenty of exercise playing music every week. The majority of our performances are for retirement villages, nursing homes, etc. We all enjoy those concerts greatly, but it was especially gratifying to see so many people actually waltzing to the music we played.

Edward R. Staubach
Indianapolis, Indiana

Tipping the Scales

I did not sell the *SEP* when I was a lad; however, I did sell local printed papers for the newspaper I went to work for years later.

It amazes me that you could publish every week with the equipment produced in those days. I started to work at 15 and it was not easy to get good quick-drying ink for job work.

I hope you will continue to print covers from back issues. The illustration on page 93 (March '91) reminds me of the butchers in those days. My wife's uncle was a butcher and he did it; I never thought to push the scale back up. But my wife's dad told him to keep his hands off the scale.

There was an article in a pape many years ago that stated that the were expected to weigh their finge to make their wages. A cartoon in th paper showed a man hitting a finge with an umbrella.

Fred C. Shetle
Titusville, Florid

Wrong Dance Card

Re: "Exercise Prescription"

I object! Regarding the enclose "prescription," you do not have danc ing on there anywhere. Not ballroom c round dancing or even square dancing Don't you know how many hundred and thousands of people go to Florida Arizona, and Texas in the winter t campgrounds that feature dancing And especially square dancing!

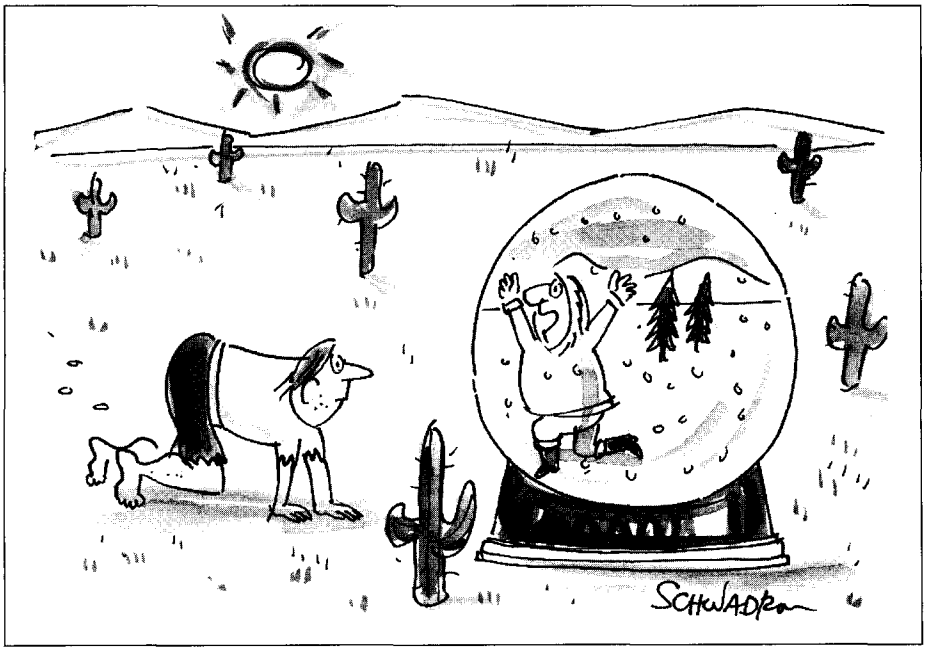
I think it is a big mistake not to in clude this recreational pastime.

Many, many of us "over 50s" danc three, four, and even five or six time a week. Don't you call that good ex ercise? A dance is usually two and half hours long. Take a look into thi would you—you don't know wha yo are missing!

Loren and Audrey Hildebran
Leaf River, Illino

Can't Resist a Baby

When I think of a set of words th describe my thoughts regarding *Th Saturday Evening Post*, what I receiv in my mind is: "memorable, powerfu and moving pictorial statements." have grown up with the magazin



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Gaze in wonder at an underwater paradise!

Shown smaller than actual size of 8¼" in diameter.

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and look to it for setting the standards of what my eyes would see if I could scope America through a camera.

I want to suggest a feature for the magazine, principally because of what I know everyone associates the magazine with.

I am the Director of Nurses for an 82-bed convalescent hospital in a rural community of Northern California. I work diligently at keeping this a home for the elderly, just as much as a hospital that provides 24-hour skilled nursing. I have been working in or around geriatrics most of the 22 years that I have been a nurse. I love the elderly. Their faces and eyes have so many stories in them. Yet, our country seems to have forgotten the elderly.

Recently, I read a statistic that over 95 percent of the elderly in skilled nursing homes are the last of their generation. Sad. No wonder they have no one to visit them. Yet, there could be visitors, if people in general held more esteem for the elderly. Granted, some are cantankerous in their later years, but most are lovable and need lots of compassionate care.

I bring my 11-month-old daughter to work with me. I have had her at work since she was one month old. I have a nursery set up in my office, and have a variety of people that watch her, in my office and some out of the facility. This baby has grown up here.

I have residents that had not seen a baby in over 40 years, and when they held her, they cried. I had residents that would not talk to an adult, or relate to any of the nurses/certified aides, but they would talk to my baby. Best of all, all my Alzheimers patients, who babble and look off into their own worlds, will look at her, into her face and eyes, and speak perfectly coherently and appropriately to her, and then when we walk off, they go back to their non-sensible, self-conversations.

Danielle Siddall spreads cheer to seniors at a California convalescent hospital.

When I see any of these patients with distant, far away, sad eyes, change in a fraction of a second to having happy, smiling, cognizant eyes, when Danielle is handed to them or sits in their laps, my heart swells with joy for them. It would be so easy for mothers in America to take their children on occasion to a skilled nursing facility, to bring the same kind of smile to an old person's face.

It is the looks, the profiles, those cracked, wrinkled faces changing so poignantly when they hold my baby, that makes me write to you. If you want to capture in picture, what you do best in the *Post*, why not do a feature showing what a baby can do for an old person? I volunteer this quaint facility, and my baby. You will be touched, just as I have been, to witness the transformation of these patients, when around a baby.

Please consider doing this article, for the many, many old people living in skilled nursing now, and all the future elderly who also will be living the duration of their lives in skilled nursing homes. But, do the article because it will be beautiful and sensitive; those very attributes which the *Post* has been associated with, for all its years. Thank you.

Sandra Stuart-Siddall, R.N., MSN
Gridley, California

Diabetic Exchanges

There are thousands of diabetics. I'm certain they would all appreciate if you (using only one more line) would give the exchange amounts after all your great recipes.

Also, many others use the exchange method for watching their diets. It's an effective and easy way to monitor getting a good diet—or I should say—healthy way of eating!

Mary Anne Ahlborn
Highland, Indiana

Editor's note: Thanks for a good suggestion! If you look at the recipes in this issue you will find that we are now including diabetic exchanges.

AIDS Tracing

Dr. Dittman's thoughtful article on AIDS (May/June '92) was much appreciated. The solution is already stated in his paragraph regarding tuberculosis: "Tuberculosis, a communicable disease, was largely controlled through early identification and isolation of infectious persons, measures which may need to be reinstated.' Substitute AIDS for tuberculosis.

Where, indeed, is Dr. Parran? A less enlightened, less scientific Sur

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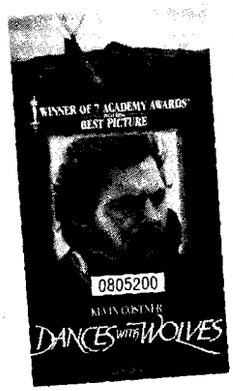

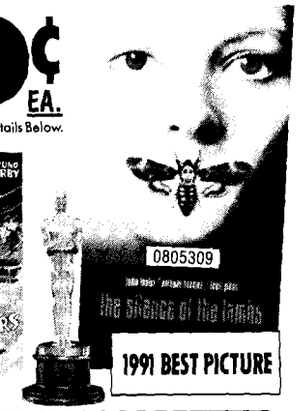

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		BILL AND TED'S BOGUS JOURNEY	0379305	BOYZ N THE HOOD	0385906	APOCALYPSE NOW	0200113	CLEOPATRA	0057943
		DUTCH	0298901	DEFENSELESS	0398006	MADONNA: TRUTH OR DARE	0232900	WILLOW	0198200
		CURLY SUE	0579805	9½ WEEKS	0270801	ROBOCOP	0235002	LOOK WHO'S TALKING	0597906
		SHATTERED	0385807	CHARLOTTES WEB	0209528	ROBOCOP 2	0804005	DEAD AGAIN	0392605
		TOTAL RECALL	0227603	HARD TO KILL	0953505	JANE FONDA'S COMPLETE WORKOUT	0635904	DRIVING MISS DAISY	0982207
		DIE HARD	0367607	TEENAGE MUTANT NINJA TURTLES: SECRET OF THE OOZE	0861708	GREASE	0207431	MISERY	0776302
		DIE HARD 2	*0041806*	TOP GUN	0426932	SEVEN BRIDES FOR SEVEN BROTHERS	0251835	DR. ZHIVAGO	0002600
		THE KING AND I	*0034702*	ABOVE THE LAW	0633602	PATTON	0004333	E.T. THE EXTRA-TERRESTRIAL	0681106
		THE GOOD, THE BAD AND THE UGLY	0058206	AN OFFICER AND A GENTLEMAN	0202135	ALIEN	0000208	THE EMPIRE STRIKES BACK	0091009
		NOT WITHOUT MY DAUGHTER	0722603	*BACK TO THE FUTURE*	*0211409*	ALIENS	0360909	RETURN OF THE JEDI	0354704
		PREDATOR	0364901	*BACK TO THE FUTURE II*	*0921304*	YOUNG GUNS	0726604		
		PREDATOR 2	0104307	BACK TO THE FUTURE III	0497008	YOUNG GUNS II	0041202		
		PETER PAN	0897009	GLORY	0855700	TANGO & CASH	0647404		
		MY FAIR LADY	0350751	DEATH WARRANT	0916809	GHOST DAD	0497404		
		ON GOLDEN POND	0052357	ANNIE	0151613	KICKBOXER	0674200		
		BUNS OF STEEL	0345900	AWAKENINGS	0859801	KICKBOXER 2	0386102		
		DOUBLE IMPACT	0396507	OUT OF AFRICA	0213116	PAINT YOUR WAGON	0304907		
		HOT SHOTS	0029108	DON'T TELL MOM THE BABYSITTER'S DEAD	0385708	CAMELOT	0602748		
				FATAL ATTRACTION (DIRECTOR'S SERIES)	0691501	THE ROOKIE	0969204		
				HEIDI	0688507	POINT BREAK	0337204		
						RAMBLING ROSE	0691709		
						REGARDING HENRY	0842906		
						SPORTS ILLUSTRATED: THE OFFICIAL SWIMSUIT VIDEO	0568303		
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Don't Blame Your Age For Poor Hearing.

Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

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geon General opted to treat AIDS by "confidentiality" instead of well established control measures. It is the only epidemic in history that has been treated by "confidentiality."

Again from Dr. Dittman: "Must the rights of the individual always be protected at any risk to society? Do not individuals directly exposed to great danger have a right to know? In times of great danger, for protection of the community, should not individuals give up a few rights?"

Individuals with AIDS should have exactly the same rights as those with tuberculosis.

Wilmer C. Allen, M.D.
Carbondale, Colorado

Reaping the Dividends

Inspired by the *Post* article, "Africa Needs Lifesaving High-Lysine Corn" (March 1985), Rosehill Farm's work to supply the underfed with adequate nutrition is still going strong. Your introduction enabled the High-Lysine Corn Project to get started. Over 20,000 bags of high lysine corn have been provided to hungry people since that time—not a lot in terms of world hunger but important to those people who received it.

We just thought you might like to know that your interest and actions are still paying dividends.

Thank you very much.

Hollace D. Sherwood
Mitchell, Indiana

Likes Candy

The *Post* has been my reading companion for over a half century and it gets better with each issue. When I was a young boy I used to sell the *Post* from door to door to help our family keep some food on the table as my dad had gone home to be with the Lord and left my dear mother with eight children to raise. By the grace of God we made it as I am 76 years young and still going strong.

I am very grateful to your staff for the May/June issue and to see the picture of Candice Bergen on the cover.

I have always been a fan of her father Edgar and his "boy" Charlie McCarthy. I can recall many years ago when he was on the stage and I would go to see him by the stage door and he would always have time to talk to me, even though he never knew who I was. I never missed his programs on the air, and he sure was liked by millions all over the world. There will never be another Edgar Bergen nor a Charlie McCarthy. He was just one of a kind. You did a wonderful story on Candice and you said it right: she is a beautiful lady.

Could you please give me an address so that I could drop her a line.

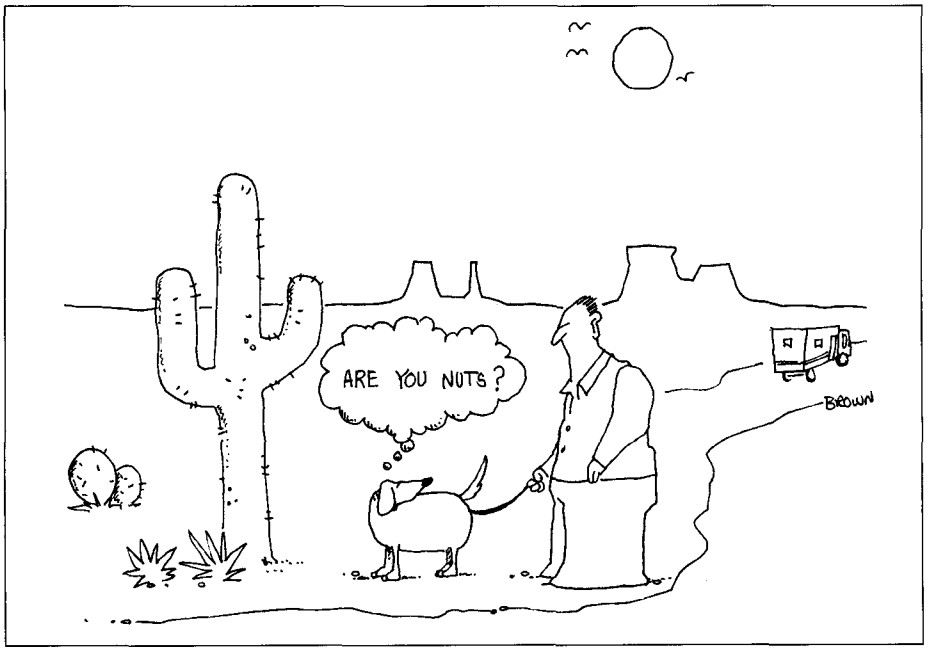
Raymond Caratozzolo
Wayne, New Jersey

Editor's note: You can write to Candice Bergen at CBS, 51 West 52nd St., New York, NY 10019.

Wen-ing Way with Words

I enjoyed the piece by Wen Smith "Irish with a Twist," in the March April '92 issue of *SEP*. As an ex-English teacher and now a writer, I treasure word-play, articles on word origins, etc. (as the last page of the *Atlantic*), and seldom find any such stuff in the popular press. And it's even more enjoyable when the piece is done with humor, like this one.

Anne G. Phillip
San Luis Obispo, Californi



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WAGON WHEELS

50 Legendary Songs Of The Old West

From out of the Golden West we bring you a giant memory-stirring treasury of unforgettable cowboy favorites. Here are America's beloved singing cowboys with all the romantic western songs that helped build the legends of the Old West.

Settle back and close your eyes — hear the jingle of spurs and the gentle clippity-clop of horses on the range as the famous cowboys of yesteryear bring you 50 classics like *BACK IN THE SADDLE AGAIN, TUMBLING TUMBLEWEEDS, CATTLE CALL, THE LAST ROUNDUP* and *TWILIGHT ON THE RANGE*. Legends like Gene Autry, Tex Ritter, Rex Allen and the Sons of the Pioneers will serenade you with their plaintive harmonies and the easy rhythms of the trail. Imagine having all the great western stars of radio and the movies right in your own home. It's a goldmine of musical memories. Be sure to order now.

The Cowboy Music Treasury That's Sweeping America On TV!

I'm Back In The Saddle Again
Gene Autry

Tumbling Tumbleweeds
Sons Of The Pioneers

Cattle Call
Eddy Arnold

Bury Me Not On The Lone Prairie
Tex Ritter

New San Antonio Rose
Bob Wills

The Last Roundup
Rex Allen

Cool Water
Sons Of The Pioneers

Riders In The Sky
Vaughn Monroe

High Noon
Tex Ritter

Someday You'll Want Me To Want You
Elton Britt

Mule Train
Frankie Laine

Red River Valley
Slim Whitman

Home On The Range
Gene Autry

The Shifting Whispering Sands
Jim Reeves

I'm An Old Cowhand
Patsy Montana

The Prisoner's Song
Vernon Dalhart

Whippie Ti Yi Yo (Get Along Little Doggie)
Sons Of The Pioneers

When It's Springtime In The Rockies
Montana Slim

Nobody's Darlin' But Mine
Jimmie Davis

Mexicali Rose
Jim Reeves

The Streets Of Laredo
Marty Robbins

Pistol Packin' Mama
Al Dexter

Don't Fence Me In
Bing Crosby

Goodnight Irene
Ernest Tubb & Red Foley

I Want To Be A Cowboy's Sweetheart
Patsy Montana

Empty Saddles
Sons Of The Pioneers

My Little Cherokee Maiden
Bob Wills

Down In The Valley
Slim Whitman

El Rancho Grande
Gene Autry

South Of The Border
Patsy Cline

Old Shep
Red Foley

I'm Thinking Tonight Of My Blue Eyes
The Carter Family

Along The Navajo Trail
Sons Of The Pioneers

Sioux City Sue
Bing Crosby

Beautiful, Beautiful Brown Eyes
Jimmy Wakely

Blue Yodel ("T" Is For Texas)
Jimmie Rodgers

Deep In The Heart Of Texas
Bob Wills

Jealous Heart
Tex Ritter

Take Me Back To My Boots and Saddle
Jimmy Wakely

Have I Told You Lately That I Love You
Gene Autry

Twilight On The Trail
Sons Of The Pioneers

You Are My Sunshine
Jimmie Davis

That Silver-Haired Daddy Of Mine
Gene Autry

Wagon Wheels
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Happy Trails
Roy Rogers & Dale Evans

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Post People

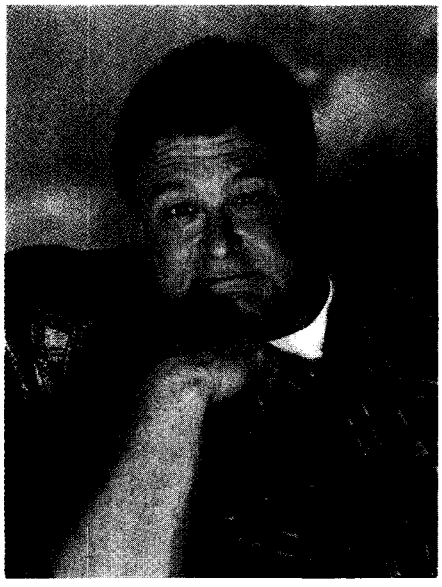
Cyd Charisse, the long-stemmed beauty who tantalized Gene Kelly in *Singin' in the Rain* and blended her dancing talent with Fred Astaire in *The Band Wagon*, is the same Cyd Charisse now kicking up her heels on Broadway in *Grand Hotel.*

Still a beauty and still lithesome at 69, the legendary dancer, who plays a Russian prima ballerina on a farewell tour, says of her long-awaited Broadway debut, "This was one goal I hadn't achieved and it's exciting to do

it now." Then acknowledging that it was hard to get back into those shoes after being out of them for awhile, she doesn't mind having her audiences know, "I'm very nervous when I walk out on stage every night." Out of the footlights, Charisse married singer Tony Martin in 1948 and the duo have been dance partners ever since.

Sally Field calls him "a great big sexy man with the soul of a puppy." Roseanne Arnold says about men like him, "they can be sweet underneath but they're not wimps." He makes light of both appraisals.

At age 39, ***John Goodman*** is an actor on a major roll. Besides his weekly stint as a blue-collar prince in "Roseanne," and with his first starring movie role in *King Ralph* as a stepping stone, his latest film, *The Babe*, portraying the legendary Babe Ruth, he accepted reluctantly ("get another



fat guy to do it") but hit for a grand slam home run. More big screen roles are in the offing for America's favorite blue-collar dad.

Now, with his wife, Annabeth, their two-year-old daughter, and a roomy house in the Hollywood Hills, he says it's the happiest time of his life.

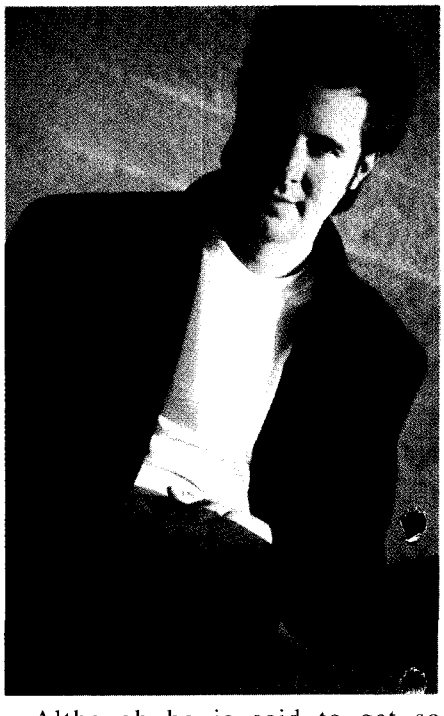
If you tuned your TV to NBC last March 31 at 10:00 p.m., you caught the debut of ***Jane Pauley***'s new vehicle, "Dateline NBC," co-anchored by Stone Phillips, formerly a familiar face on "20/20." No need to explain, then, that the hour-long prime-time news magazine includes political and celebrity profiles, investigative reports, and human interest stories.

Although NBC has been Jane's home away from home for well over a decade, Jane and husband cartoonist/playwright Gary Trudeau of Doonesbury fame prefer quiet life at home to the flash of celebrity. The proud parents keep their three children close at hand and out of the spotlight, also."It sets up unrealistic expectations," the proud mom says.

So for you who go to bed before 10:00 p.m., and have been asking whatever happened to Jane Pauley, now you know.

Vince Gill is a country music star at the peak of his powers. A Grammy winner, winner of three 1991 CMA awards, he is currently winning new fans with his latest album, *Pocket Full of Gold.*

More than a successful individualist, over the past seven years in Nashville, Gill has become a pro's pro, recording with his letter-perfect guitar playing more than 200 sessions with the likes of Tammy Wynette and Bonnie Raitt to Conway Twitty and Dire Straits.



Although he is said to get so wrapped up in others' careers he often forgets his own, he has never given up his dream of one day getting top billing.

Today, at 34, thanks to the launching pad of his No. 1 smash hit, "When I Call Your Name," his awards now include Best Male Country Vocal Performance. And how do you top that?

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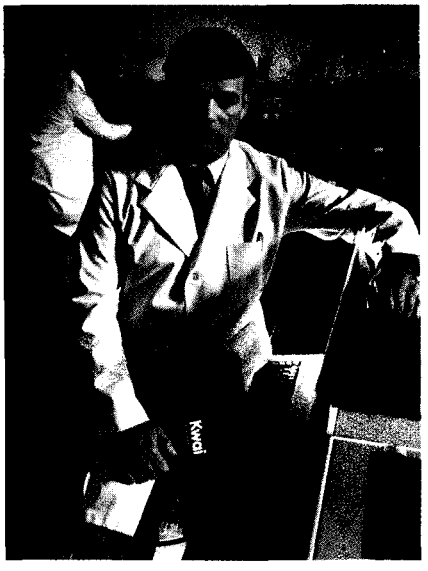
Why 2 Million Europeans Breathe Easy With Garlic 3 Times a Day.



For years, Europe has been a leader in the area of natural food products—such as garlic. But eating fresh raw garlic 3 times a day can be a little hard to swallow. That's why millions of Europeans breathe easy and get the equivalent of fresh, raw garlic in a small odor-free tablet: KWAI. And now KWAI is available here in America!

Now you can add garlic to your daily diet with KWAI®, Europe's #1 brand.

High Technology Makes It Possible. Many of the garlic capsules popular today contain only garlic oil—as little as 0.1% to 0.2% of the garlic clove. And heating or cooking can change the properties of fresh garlic. But KWAI is made through a special process that gently dries the highest quality fresh garlic to retain all its natural qualities. Modern research and technology make it possible to manufacture KWAI without preservatives, antioxidants, flavoring agents, salt or gluten. And unlike raw garlic, KWAI has none of the obvious social drawbacks of a tell-tale odor.

Like Fresh Garlic—With *No Odor.* Six KWAI tablets taken over the course of one day equal one clove of fresh raw garlic. Unlike many other garlic products, KWAI maintains strict scientific standards to assure consistency. And KWAI tablets are coated to protect their contents—so they are odor-free! KWAI tablets are small, tasteless, and easy to swallow.

Life At Its Best, Naturally. As you get older and wiser, you're probably taking better care of yourself—exercising, watching your diet, lowering your cholesterol and fat intake. And if you are among those who like garlic in their daily diet as millions of Europeans do, you can add garlic to your diet the modern way with KWAI. Don't delay, make KWAI part of your daily diet today!

KWAI: the modern way to get all the qualities of fresh garlic—with *no odor.* Available at quality drugstores, health and natural food stores and General Nutrition Centers.

Science and Nature Working For You.™

MANUFACTURER'S COUPON | EXPIRES 12/31/92

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CONSUMER: Limit one coupon per purchase. Any other use is fraudulent. **RETAILER:** Lichtwer Pharma will pay you face value plus 8¢ handling for coupons forwarded to KWAI provided you comply with the terms of Lichtwer Pharma's refund policy. Void where prohibited by law. Cash value 1/20¢. Good only in the 50 United States. To receive reimbursement, submit coupon to: Lichtwer Pharma U.S., Inc., P.O. Box 880262, El Paso, Texas 88588-0262.

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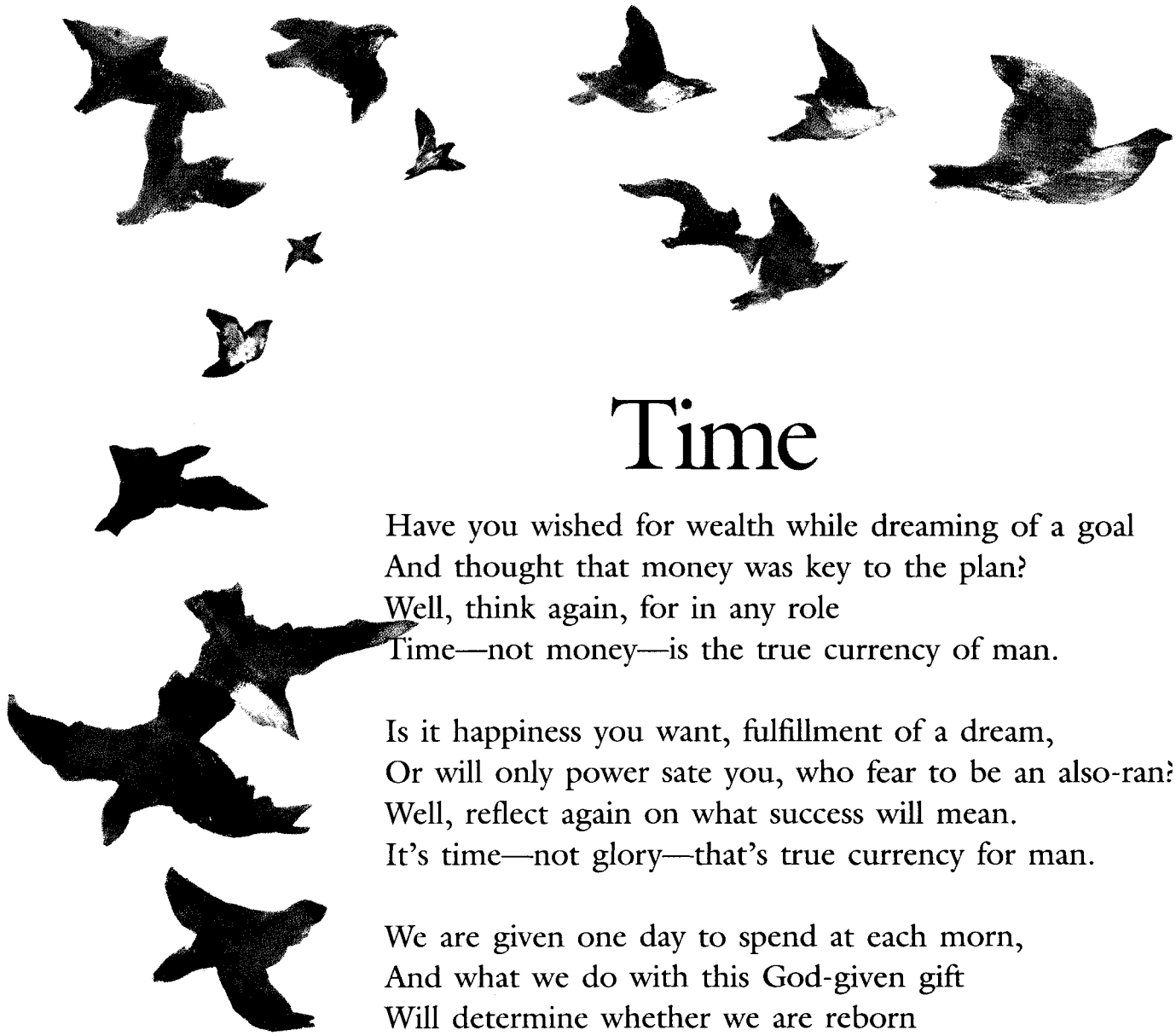

Time

Have you wished for wealth while dreaming of a goal
And thought that money was key to the plan?
Well, think again, for in any role
Time—not money—is the true currency of man.

Is it happiness you want, fulfillment of a dream,
Or will only power sate you, who fear to be an also-ran?
Well, reflect again on what success will mean.
It's time—not glory—that's true currency for man.

We are given one day to spend at each morn,
And what we do with this God-given gift
Will determine whether we are reborn
Or just waste away the sands that do sift.

So aim at the real treasury of man.
Think not about money or power or gain.
Rather, use the precious moments you can
And glory in Time, ere it slip by and wane.

—Robert B. Brown

Illustration by Meinrad Mayer

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HEARTBEAT

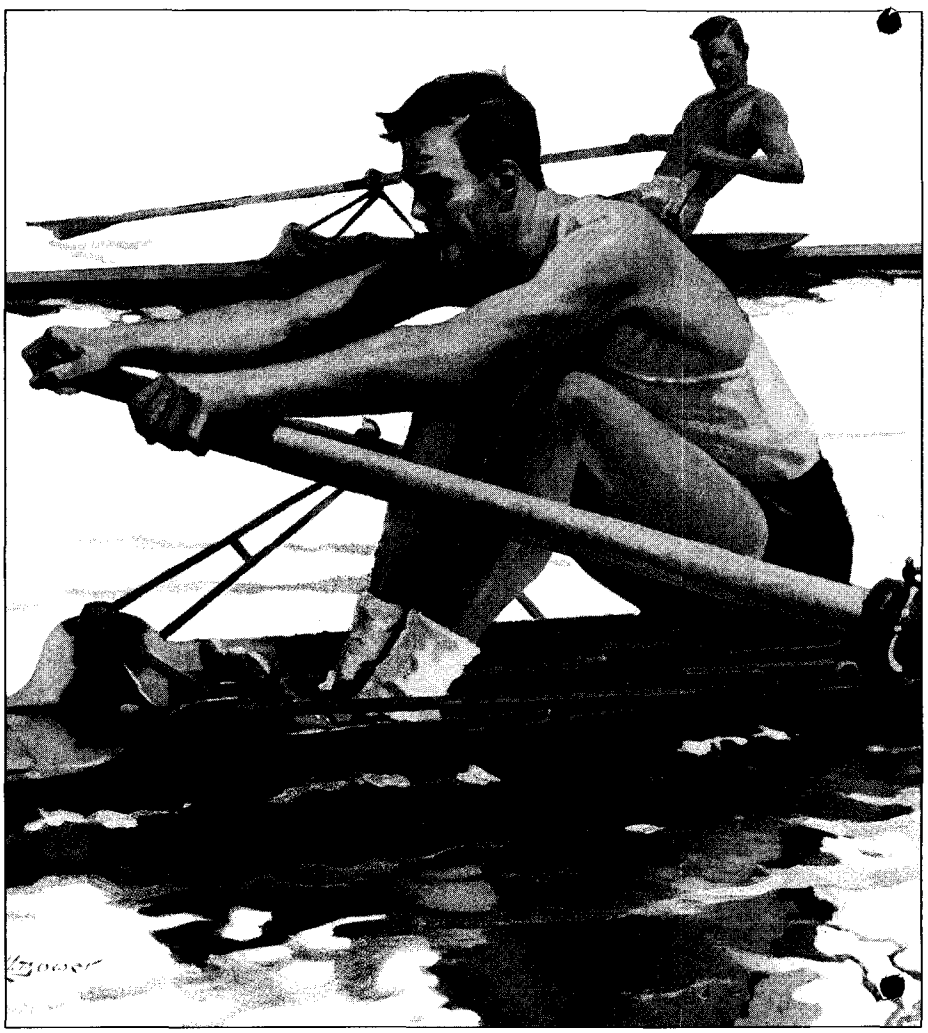
The Healthy Heart Recipes

THE WINNING EDGE

A leading fitness institute has developed its own special recipe for achieving peak performance.

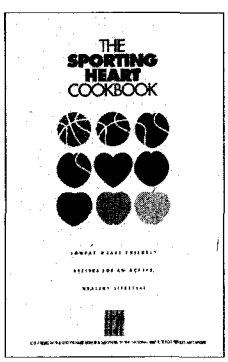
by Patrick Perry

Illustration by Maurice L. Bower



More and more older Americans are heeding the sage advice of health educators and heading out to gyms, dance clubs, and walking paths throughout the U.S. All are hoping to reap the benefits of exercise such as ballroom dancing, race walking, low-impact aerobics, and weight training.

But strenuous exercise taxes the body's energy reserves. The sinking feeling of running out of steam might actually signal a need to fine-tune the diet. Complex carbohydrates play a vital role in maintaining high-energy lifestyles. A diet rich in high-fiber grains, low-fat proteins, and vitamin-packed vegetables not only will ensure peak performance in athletic activities, but reduce the risk of heart disease, cancer, and other age-related maladies. When it comes to diet, today's athletically active citizen needs a knowledgable and reliable source.



Enter *The Sporting Heart Cookbook*. Compiled by one of the leading exercise research facilities in the nation, the cookbook promotes "low-fat, heart-friendly recipes for an active, healthy lifestyle." Sports Nutritionist Karen Hadley, M. Ed., R. D., and members of the National Institute of Fitness and Sport in Indianapolis worked long and hard, creating and adapting recipes to fit the cookbook's low-fat, high-carbohydrate profile. The result is an easy-to-read, easy-to-follow cooking companion.

The Sporting Heart Cookbook adheres to the American Heart Association's recommendation that no more than 30 percent of total calories come from fat. Unlike standard recipe profiles that list calories, sodium, etc., in grams or milligrams, this cookbook eliminates the complex mathematical computations. Each recipe is accompanied by a pie chart showing the proportion of total calories from fat, carbohydrates, and protein, per serving. For example, one slice of Multi-Grain Bread contains 157 calories—19.6 percent of the total calories are from fat, 67.1 percent from carbohydrates, and 13.3 percent from protein. As a general rule, if you are really watching your fat intake, you may wish to try recipes on the low end (20 percent or less). Healthful suggestions on eliminating unnecessary and hidden fat from the diet are clearly outlined in the introduction.

Recipes from *The Sporting Heart Cookbook*:

♥ ♥ ♥

Bean Salad

(Makes 12 servings)

1 can (2 cups) black beans, drained
1 can (2 cups) garbanzo beans, drained
1 cup celery, chopped

continued on page 74

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COLE PORTER FAVORITES

Incomparable Songs... Classic Recordings...

With dazzling wit and elegant style, Cole Porter gave America, and the world, some of the greatest songs ever written. And now you can hear again some of the classic recordings that have brought his songs to life in...

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Listen to **Cole Porter**, and if you're not completely delighted, simply return it within 14 days and we'll refund your check or credit your credit card in full — no questions asked. The booklet is yours to keep FREE! So send for **Cole Porter** today!

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HEARTBEAT

The Healthy Heart Report

ANGINA: DO YOU HAVE IT?

More women than men suffer from the symptoms of this common heart ailment.

by Marianne J. Legato, M.D. and Carol Colman

Illustration by Albert W. Hampson

Stress can trigger an angina attack when the body's sympathetic nervous system fires off a burst of chemicals that force the heart to beat faster and harder.

Angina, a term derived from Greek, meaning "to strangle," is a condition that occurs when the heart is not getting enough oxygen, usually due to arteriosclerosis or a temporary narrowing of a coronary artery due to spasm. Women are reported to have a higher incidence of angina and angina-like pain than men. In 56 percent of cases of women with coronary artery disease, angina or chest pain is the first warning sign. Often, a heart supplied by partially obstructed or narrowed coronaries functions quite well until something happens that suddenly increases the demand for cardiac work. For example, a previously sedentary person may begin an exercise program that places an added burden on her heart. Because of the underlying arterial disease, blood flow cannot increase to carry enough oxygen to the working muscle and the pain of oxygen deprivaton is felt for the first time.

Angina is not a heart attack in which portions of heart muscle are rendered useless forever. Once the angina passes and blood is restored to the deprived area—usually in less than a minute—the heart cells function quite normally. This is not to say that angina is a minor symptom. In fact, in some cases, it means a full-blown heart attack is occurring or it is a precursor of a heart attack soon to come. However, in 80 percent of all cases of angina involving women, the pain passes and does not develop into a heart attack.

Angina means different things to different people. Some people experience classic angina—a heaviness, burning, or squeezing in the chest, often radiating to the back, up to the neck, and sometimes down the left arm. However, not all angina conforms to this textbook definition. In fact, the variations of angina can often be very confusing. For example, I recently saw a forty-nine-year-old woman who had for several years complained of chronic pain in her jaw. In fact, her dentist had already pulled out three of her teeth in the belief that the pain was a result of their decay. Yet the pain persisted and her family doctor finally referred her to me.

After taking a complete history and listening—not just nodding and taking notes but really listening—to what this patient had to say, I discovered that the problem had nothing to do with her teeth. She was having

continued on page 87

From The Female Heart *by Marianne J. Legato, M.D. and Carol Colman. Copyright © 1991 by Marianne Legato, M.D. and Carol Colman. Reprinted by permission of Simon & Schuster Inc.*

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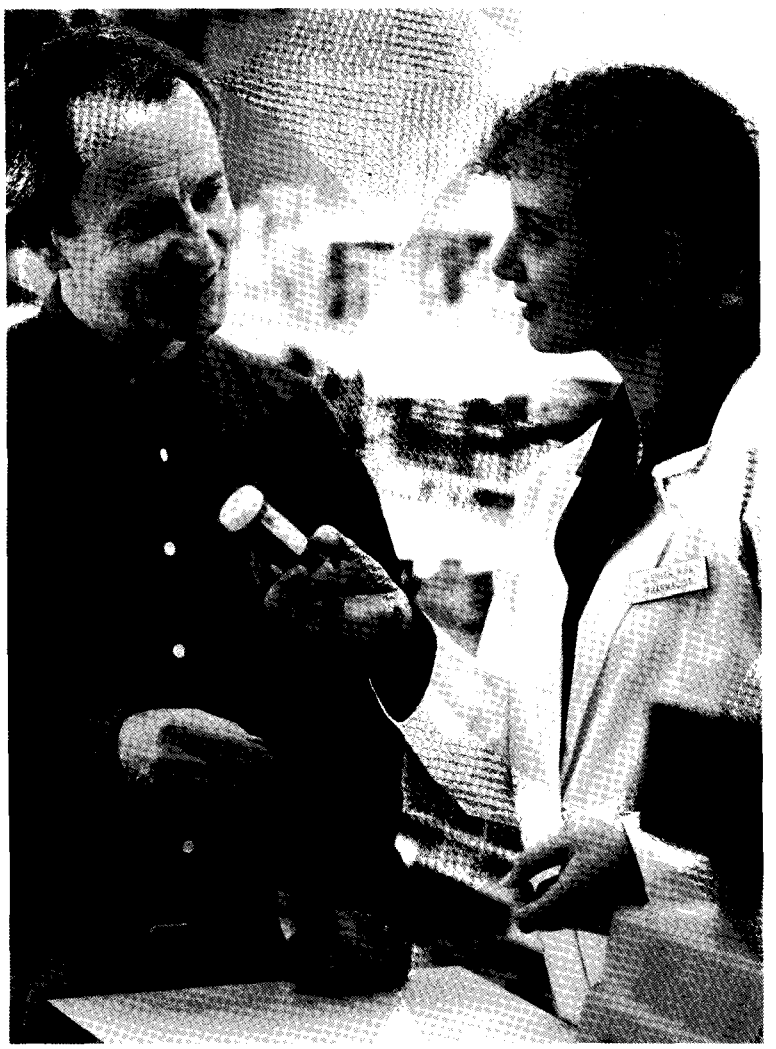

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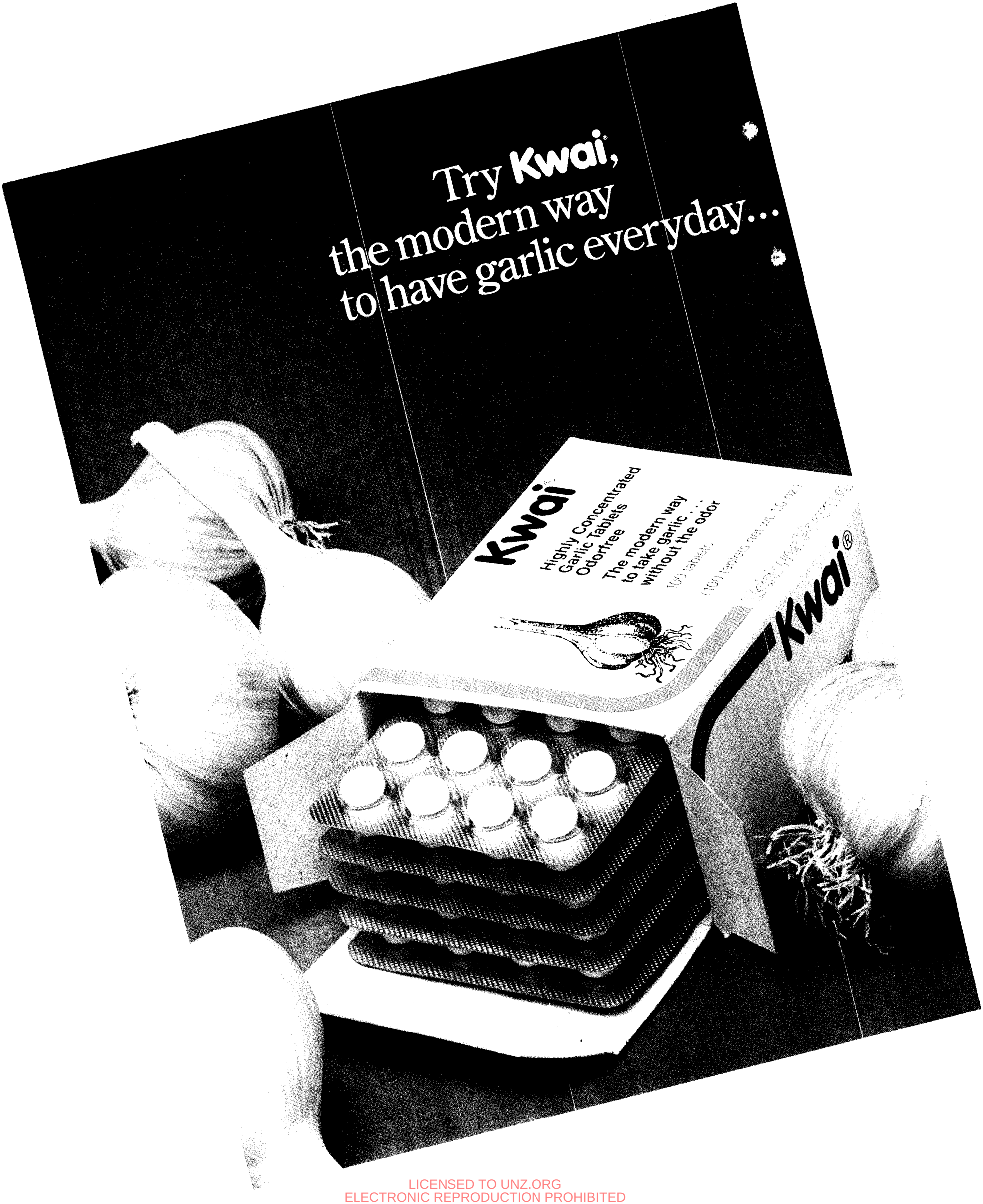

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FOOD

THE GOOD NEWS ABOUT BROCCOLI

Long maligned, this lean, green, healthful vegetable has finally arrived as the "in" food of the '90s.

by Patrick Perry

Rumor has it that when Suffolk Downs racetrack in Boston opened, the lawn was not yet seeded. The track gardener, an Italian, was instructed to plant something that would grow *fast*. He chose broccoli. The lawn looked great from the stands but was a little tough to walk on.

And for many people, most notably our Chief Executive, even tougher to swallow.

Broccoli, along with spinach, tops the list of vegetables many people love to hate. And avoid.

What's getting harder to avoid, however, is the growing body of research backing broccoli and its cruciferous cousins as nutritional "superfoods." Leading nutritionists have long believed vegetables, especially broccoli, to be powerful allies in the battle against cancer.

Now scientists think they have discovered why.

Cruciferous vegetables—broccoli, brussels sprouts, cabbage, kohlrabi, caulifower, mustard, kale, and collard greens—contain a chemical called "sulforaphane." Dr. Paul Talalay and fellow researchers at Johns Hopkins University in Baltimore believe that sulforaphane boosts cancer-fighting enzymes, producing what they term a protective state. Their prediction: that sulforaphane will block tumor formation in animals and presumably in man.

The new evidence on broccoli and other vegetables is not surprising to some leaders in the health field. Dr. Peter Greenwald, National Cancer Institute, recently stated, "The more fruits and vegetables people eat, the less likely they are to get cancer, from colon and stomach cancer to breast and maybe even lung cancer. It's as simple as that."

Besides sulforaphane, the cruciferous vegetables are a rich source of vitamin C and the much-touted beta-carotene—both of which have been linked to reducing the risk for cancer.

All very nice, you say, if you didn't have to eat it, right? Well, maybe it's time to give broccoli another try.

Perhaps your only experience with broccoli has been eating it plain or overcooked. If so, the following recipes may change your mind about this truly delicious vegetable.

Broccoli Vinaigrette
(Makes 6 servings)

1 bunch fresh broccoli (about 1½ pounds)
1 small onion, sliced
¼ cup fresh lemon or lime juice
¼ cup wine vinegar
2 tablespoons olive or salad oil
¼ teaspoon hot pepper sauce
2 tablespoons dried tarragon
¼ teaspoon ginger

Wash and trim broccoli; remove leaves and cut into spears. Cook, covered, in 1 inch boiling water for 10 to 15 minutes or until crisp-tender. Drain

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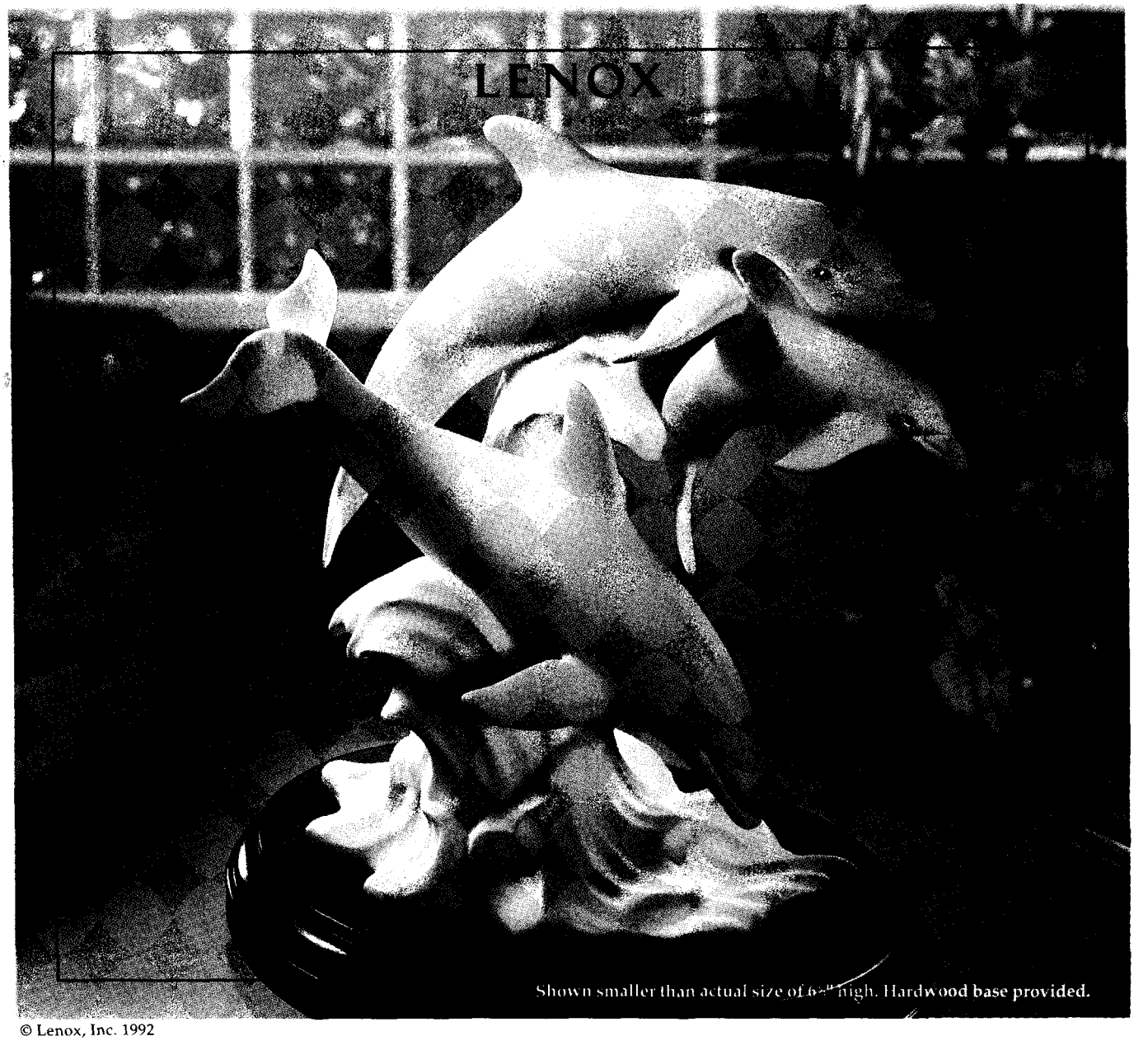

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and place in shallow glass dish; cover with sliced onion. Combine lemon or lime juice, vinegar, olive oil, hot pepper sauce, tarragon, and ginger in jar or small bowl. Shake or beat to mix well and pour over broccoli and onions. Cover and chill several hours. Drain just before serving.

Per Serving (½ cup):
Calories: 103 Sodium: 23 mg
Protein: 4.6 gm Cholesterol: 0 mg
Fat: 5.1 gm Carbohydrate: 9.6 gm
Diabetic exchanges: 2 vegetables + 1 fat

Gazpacho Shrimp and Rice

(Makes 6 servings)

1 cup uncooked rice
1½ cups white wine
½ cup water
1 tablespoon vegetable oil, divided
1½ cups broccoli flowerets
1 cup diced yellow squash
½ cup sliced green onions
½ cup sliced cucumber
½ cup (about 2 ounces) sliced fresh mushrooms
1 pound medium fresh shrimp, peeled and deveined
1 tomato, seeded and diced
2 tablespoons grated Parmesan cheese
¼ teaspoon ground black pepper

Combine rice, wine, and water in large saucepan. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid. Cook 15 minutes or until rice is tender and liquid is absorbed. Heat 2 teaspoons oil in wok or large skillet over medium-high heat. Add broccoli, squash, and onions; stir-fry 2 minutes. Add cucumber and mushrooms; stir-fry 3 to 4 minutes. Remove vegetables from wok and set aside. Add remaining 1 teaspoon oil and heat. Add shrimp; stir-fry 2 to 3 minutes. Sprinkle with pepper. Stir shrimp and vegetables into rice. Toss with tomato, cheese, and pepper.

Per Serving (1¼-1½ cup):
Calories: 267 Sodium: 199 mg
Protein: 21.3 gm Cholesterol: 119 mg
Fat: 6.1 gm Carbohydrate: 31.7 gm
Diabetic exchanges: 2 breads + 2 lean meats

Gazpacho Shrimp and Rice features fresh broccoli, squash, and shrimp for a shrimply-delicious entree.

Stir-Fried Broccoli

(Makes 4 servings)

1 bunch fresh broccoli
1 tablespoon vegetable oil
1 teaspoon onion & herb seasoning or substitute 1 teaspoon oriental blend seasoning

Wash broccoli well. Cut off flowerets and cut stalks into 1-inch pieces. Heat oil in large skillet. Add broccoli and seasonings; cook uncovered over medium heat, stirring frequently, until broccoli is crisp-tender, about 7 to 10 minutes. Turn into heated serving dish.

Per Serving (about ½ cup):
Calories: 79 Sodium: 17 mg
Protein: 4.1 gm Cholesterol: 0 mg
Fat: 3.8 gm Carbohydrate: 7 gm
Diabetic exchanges: 1 vegetable + 1 fat

Fresh Broccoli Parmigiana

(Makes 6 servings)

1 bunch (1½ pounds) fresh broccoli
1 tablespoon fresh lemon juice
1 tablespoon water
1 tablespoon olive oil
¾ cup grated Parmesan cheese

Wash broccoli. Split all large stems to decrease cooking time. Place in saucepan with 1 inch boiling water. Bring to boiling point and cook 5 minutes, uncovered. Cover and cook 5-10 minutes or until tender. Heat lemon juice and water and olive oil in saucepan and pour over broccoli. Sprinkle with Parmesan cheese. Serve at once.

Per Serving (½ cup):
Calories: 114 Sodium: 203 mg
Protein: 8.3 gm Cholesterol: 8 mg
Fat: 5.7 gm Carbohydrate: 7.3 gm
Diabetic exchanges: 1 vegetable + 1 medium fat meat

Creole Fresh Broccoli

(Makes 6 servings)

¼ cup water + 2 teaspoons or 2 cubes low-sodium chicken broth granules
1 cup diced fresh tomatoes
½ cup diced celery
¼ cup chopped onions

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½ cup diced green pepper
¼ teaspoon hot sauce
⅛ teaspoon ground black pepper
1 bunch fresh broccoli (about 2 pounds)
2 teaspoons cornstarch

To low-sodium broth, add tomatoes, celery, onion, green pepper, and seasonings. Mix well. Wash and trim broccoli. Cut into spears. Place over vegetables (not into liquid). Cover tightly. Cook over medium heat until tender (15 to 20 minutes). Place broccoli on dinner plates. Stir cornstarch into juice and vegetables left in pan. Cook until slightly thickened. Serve spoonful over each serving of broccoli or pour thickened sauce over broccoli on serving plate.

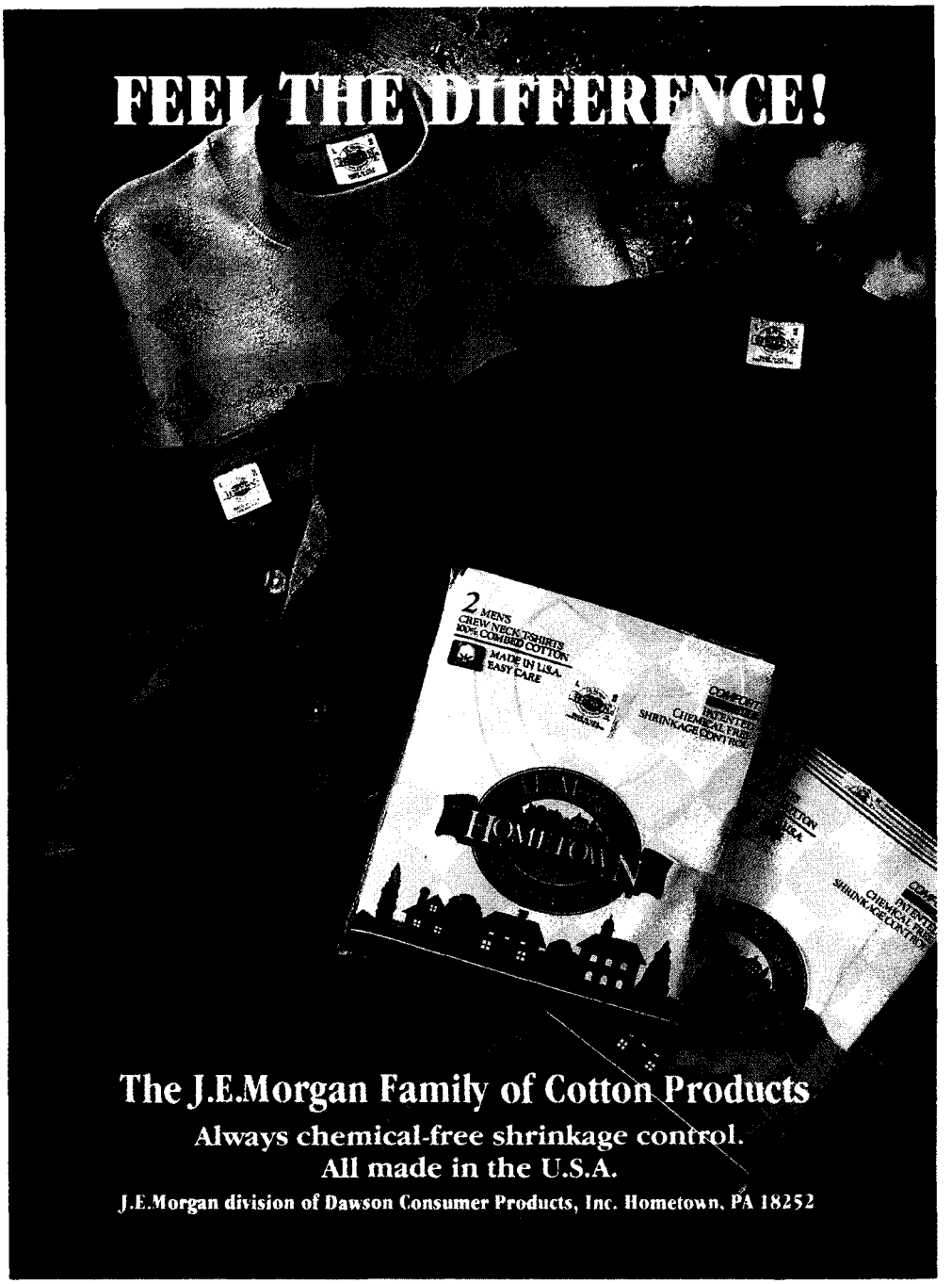
Per Serving (1 cup):
Calories: 89 Sodium: 59 mg
Protein: 6.5 gm Cholesterol: 1 mg
Fat: 0.8 gm Carbohydrate: 13.9 gm
Diabetic exchanges: 1½ vegetable + ½ bread

Cream of Lemon Broccoli Soup
(Makes 8 servings)

1 bunch fresh broccoli (about 1½ pounds)
3 low-sodium chicken bouillon cubes or 3 teaspoons low-sodium broth granules
3 cups water
3 teaspoons butter flavored substitute
¼ cup chopped fresh onion
6 tablespoons flour
¼ teaspoon pepper
⅛ teaspoon ground sage
2 cups skim milk
1 cup light cream substitute (½ cup powdered lite non-dairy creamer + ¾ cup water)
1 teaspoon grated lemon rind

Chop flower portion of broccoli and reserve. Cut stems of broccoli into julienne strips. Cook broccoli strips with bouillon and water in large covered saucepan until tender (about 15 minutes). Add chopped flower portion and onion and cook until tender, about 5 minutes. In another pan blend flour, butter substitute, pepper, and sage with milk and light cream substitute. Cook, stirring constantly, until thickened. Add gradually to broccoli mixture and stir in lemon rind. Heat just to serving temperature.

Per Serving (1 cup):
Calories: 99 Sodium: 87 mg
Protein: 6.3 gm Cholesterol: 2 mg
Fat: 1.1 gm Carbohydrate: 16.9 gm
Diabetic exchanges: 1 vegetable + ½ skim milk + ½ bread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Quick Chicken Divan
(Makes 8 servings)

1 small bunch broccoli (about 1 pound)
12 ounces skinless sliced or chopped chicken
4-5 tablespoons Parmesan cheese
1 10-ounce can low-sodium cream of chicken soup
⅓ cup water

Arrange alternate layers of cooked broccoli and left-over or canned sliced chicken in a 10 x 6 x 2-inch baking dish. Sprinkle with 2 tablespoons grated Parmesan cheese. Top with an

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DERAILING THE ONE-TRACK MIND

"It's a grim responsibility to be at the throttle of a train of thought."

by Wen Smith

Illustrated by Don Trawin

Whenever I hear the phrase "a *train of thought*," I'm reminded that I have a one-track mind. It's not that I have just one thought. No, I usually have many thoughts at once, but I have only one track to run them on, the linear track of language. When I talk, I hitch one thought behind another, struggling to arrange the hitching order just right so the thoughts won't jump the track and spill meaning all over everything.

The frightening responsibility of all this struck me the other night while listening to the dialogue of a TV comedy. A teenager said, "Some guy at school's father owns a boat."

"School's father" reminded me of the time I tried to tell party guests how I was bitten by a man I lived next door to at the beach one summer's dog.

You see how the one-track mind works? There was no easy way to get all those thoughts into the right order. I tried saying "bitten by the dog of a man I lived next door to," but *dog of a man* wasn't quite accurate. I even tried saying "bitten last summer by the man's dog at the beach I lived next door to." Nothing seemed to tell it just right, and my hitchings and switchings kept bumping and slipping out of control.

Even earlier, my one-track mind went red-light when I started to tell *what happened to the doctor.*

Sorry again. I don't mean what happened to the doctor. I mean, right after the event I had to tell the doctor what happened, how the dog bit me on the beach. (On the leg, actually, but the doctor could see that for himself. Some things can be left unsaid.)

After patching up my aching leg, the dog had to be brought in. No, scratch that. It was the doctor, not the dog, who patched up my leg. You see, with the doctor on my thought track I suddenly switched the dog on without finishing what I'd started to say about the doctor.

After patching up my leg, the doctor said I'd have to be Pasteurized unless the dog's owner that bit my leg would bring the animal in and be tested for rabies.

Rats. It wasn't the dog's owner who bit my leg. "The dog's owner that bit my leg" is just sloppy thought hitching. I thought of saying "the dog *that bit my leg's owner*," but finally realized that all I meant was "the owner of the dog that bit my leg." And it was the dog, not the owner, that had to be tested.

My neighbor did bring the dog in, and it turned out not to have rabies luckily. All right, I guess a dog can't have rabies luckily. Anyway, the doctor charged me for cauterizing the wound, and a little extra for listening to my story.

Next time I went out on the beach, the dog saw me coming, put its tail between its legs, and scurried off over the dunes. My leg must have left a bad taste in its mouth.

Hold it. My leg doesn't have a mouth. I mean my leg left a bad taste in the dog's mouth. With my one-track mind, getting a story just right isn't easy, but I have to try. Art gets longer as life grows short.

It's a grim responsibility to be at the throttle of a train of thought. My whole reason for talking (and I suppose for others it's the same) is to get thoughts out of my mind and down track to another station where someone may be listening. Thoughts are delicate cargo, and if the train jumps the track, it may take years to clean up the mess.

Sometimes I worry about the havoc I'm playing with whoever is listening at the other end of the track's mind.

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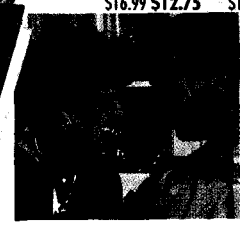

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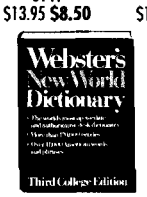

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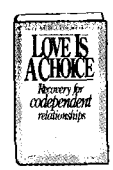

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The charismatic politician of the 1940s had a vision of how things should be, and history has borne him out.

by Thomas Ehrlich

The time is August, 1940. It is 102 degrees outside—in the shade. A quarter of a million people, in shirtsleeves and boaters, spats and suspenders, summer dresses and Sunday hats, throng the park and the streets of tiny Elwood, Indiana. The band plays "The Stars and Stripes Forever." Flags drape from a whitewashed platform. Wendell Willkie, the only man in sight with his coat still on, delivers his speech accepting the Republican nomination for the presidency of the United States.

Wendell Willkie?

For those who were not around to vote in 1940, his name at best may strike a distant chord. But Willkie was an extraordinary force in American life. Like other heroes who profoundly marked their times, he left behind him powerful ideas that still resonate in our national consciousness and promise to be debated anew as the country braces for its 52nd presidential campaigns.

This year is the 100th anniversary of Wendell Willkie's birth. The event was celebrated by a national conference at Indiana University, his alma mater. I participated in the conference, and as I listened to others speak about Willkie's ideas, I was struck by how far ahead of his time those ideas were, how remarkably relevant his vision remains today. This year is a propitious time to celebrate his life. In the midst of more tumult on the world stage than we have witnessed since World War II, it is well worthwhile to listen again to what he had to say.

In a centennial celebration honoring Wendell Willkie, one of its most famous graduates, Indiana University this year inaugurated its first International Council, a unique group of business and education leaders from 15 countries who will aid the school's global education efforts. (Left) Chairman and CEO of The Curtis Publishing Company Beurt SerVaas, who represents the U.S. and Poland on the council. (Center) University Chancellor Herman B Wells, credited with turning the school into a world-class institution. (Right) Thomas E. Ehrlich, current president of the university and author of this article.

Wendell Willkie catapulted to prominence in 1940, a surprise "dark horse" candidate who had not even entered the primaries. He swept the Republican national convention, toppling Old Guard favorites Thomas Dewey and Robert Taft. His grassroots support came from throughout the country and was launched by an article he wrote for the April, 1940, issue of *Fortune* magazine. Willkie was a staunch champion of liberal principles—he spoke of them as the "deep springs from which freedom flows"—and he loved a good fight. In his article titled "We the People," he drew his sword, proposing national and international agendas that went far beyond the narrow vision of the GOP party line.

"Government," he wrote, "either state or federal, must be responsible not only for the destitute and the unemployed, but for the elementary guarantees of public health." We are still fighting *that* battle.

In regard to foreign policy, he moved even further beyond the pale of Republican sentiment. Recall that in April of 1940 Pearl Harbor had not yet happened. Isolationism was the order of the day. Yet in that article, Willkie wrote that "it makes a great deal of difference to us—politically, economically, and emotionally—what kind of world exists beyond our shores." He saw this clearly.

A big, tousled man in a rumpled suit, dark hair falling over his forehead, Willkie proclaimed his convictions on the campaign trail with such energy he came close to losing his voice. He was magnetic, irresistible. He took voters by storm. He did not talk in sound bites.

Willkie's magnetism was not merely

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"Food and Fear no longer run my life."

"In a lonely, painful world, I struggled with my eating disorder, not understanding my feelings of guilt, fear, anger, self-hatred and self-doubt. Years of out-patient counseling had failed to help me overcome my disease. Obsessions with my body, food, dieting and exercise controlled my life. Then I discovered Remuda Ranch.

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After careful, comprehensive assessment of my eating disorder, an individualized treatment plan was designed to meet my medical, psychological, nutritional and spiritual needs. The spiritual component was from a nondenominational Christ Centered Biblical perspective.

While attending individual, group and family therapy sessions, I began to understand the origins of my destructive disease and how it affected me and those around me. I also participated in educational and nutritional classes, as well as an equestrian program.

Through the power of trust, guidance and love, the dedicated staff at Remuda Ranch helped me rid myself of the destructive roots of my disorder.

Their commitment didn't end once my program was completed. They maintain a referral service with affiliated professionals who provide me with on-going support.

I know asking for help might be frightening and difficult, but Remuda Ranch offers hope for a new life."

Beth Clements

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Calls are confidential.
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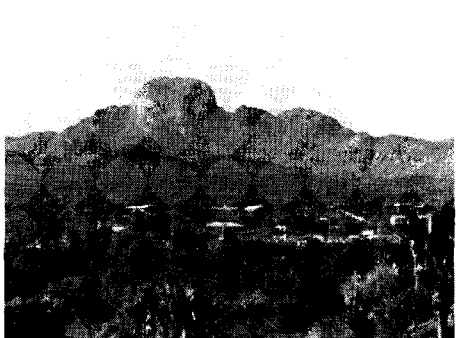

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personal charisma, though he had more than his share. His appeal came from the bold integrity of his views; he was a great risktaker. "I would rather lose in a cause I knew would someday triumph," he wrote later to a friend, "than win in a cause I knew would someday fail." The causes in which he believed were those he knew must triumph for America to achieve its full potential.

Wendell Willkie was the first presidential candidate in American history to campaign vigorously for civil rights and to call for civil rights legislation—and he did so with forthright passion. He was the first presidential candidate to run on a platform that supported an equal rights amendment for women. He consistently turned down the support of those who held racist views, without regard for the possible negative impact on his own prospects. "I don't have to be president of the United States," he said, "but I do have to live with myself."

If his opinions had more of a Democratic than a Republican tinge, that was not surprising: Willkie was a registered Democrat until 1939 and always remained at odds with GOP standard-bearers. He was proud of his German-immigrant, small-town, down-home roots. Born and bred in Indiana, he had grown up in a household alive with intellectual dispute from dawn to dark. His father, a lawyer, roused his six offspring in the mornings by shouting literary quotations up the stairwell. Mrs. Willkie was also a lawyer, the first woman to be admitted to the bar in Indiana. Their home contained the largest library in the county.

Willkie followed two brothers and a sister to Indiana University, earning a B.A. in 1913 and a law degree in 1917. As an undergraduate and as a law student, he was always in the thick of campus politics. His impetuous ways were the cause of various scrapes, and were never fully tamed in later years. In memorable example years afterward, he managed to leave behind his acceptance speech for the 1940 nomination at a stop enroute to Elwood—a friend raced to retrieve it—and his topcoat in China. A 1914 letter from his father, Herman Willkie, to the university registrar, enclosing 50 cents for a library fine against young Wendell, speaks with revealing paternal empathy: "Sorry he is careless about these little things," his father wrote. "He moves so rapidly from one thing to another, and keeps himself so busy, that he overlooks details."

It is comforting, thinking back on a man of such gifts, to know that now and then he overlooked details—but he never lost sight of the big picture.

Shortly after receiving his law degree on the day Congress declared war on Germany in 1917, Willkie enlisted as an officer in the United States Army. He served for two years, but did not see battle. After the war, now married to Edith Wilk of Rushville, Indiana, he took up his corporate law practice, first in Ohio, then in New York City.

In 1933 he became president of the vast utilities corporation, Commonwealth and Southern. From that eminence, for the next seven years Willkie locked horns with President Franklin D. Roosevelt over the Tennessee Valley Authority and other cherished objectives of F.D.R.'s New Deal. After accepting the Republican nomination for the presidency, he continued to attack the rise of big government.

During the campaign of 1940 there was one particular subject, however, on which Willkie would not disagree with Roosevelt: the vital need for aid to embattled Britain. In retrospect, particularly from the vantage point of more recent presidential campaigns, I find it remarkable that in the midst of the ultimate political contest, the two contenders

Willkie returned in triumph to his hometown of Elwood, Indiana, in August of 1940 after winning the Republican nomination for President. It was the high point of his political career.

continued on page 88

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Advertisement

Warning to Women!

Your Will Could Cost Your Kids Thousands

Canton, Ohio (Special) You were born to save money. You can't resist a good sale. Clip all those money-saving coupons. Love the discount stores. You are an expert at stretching a dollar to the max. Psychologists agree it's part of your feminine urge to nurture and protect.

But did you know that a Will *could cost your kids thousands*. Fact is, probating a Will allows lawyers, executors and courts to grab a slice of your estate. In some cases, probate fees consume as much as 10% and more of an estate value. This means your children or loved ones who depend on you for tender loving care could forfeit thousands of dollars. What's more, probate can take a year or more even for uncomplicated estates. Your heirs could wait a long time before receiving one thin dime. One extreme example is the estate of Marilyn Monroe. Probate lasted from her death until nearly 1980-18 years--and netted her family and heirs a mere 6% of a $1.6 million estate.

You say, *"There ought to be a law!"* There is. This law provides a simple way to avoid the expense and time waste of probate. It's called a Living Trust. It's ALL THE ANSWERS for keeping your money ALL IN THE FAMILY.

With a Living Trust, your assets go directly to your beneficiaries exactly as you've directed without the expense, hassle and time drain of probate. In the case of children from different marriages, a Living Trust is an ideal way to make sure each child gets just what you want them to have--or not have. With a Living Trust, you specify what you want each to inherit, and needn't worry about the possibility of disinheriting your children. You also minimize the possibility of your wishes being contested as sometimes happens with a Will.

A Living Trust protects your privacy because it is not public record as a will must be. For example, anyone can go to the Los Angeles probate court and see that Natalie Wood had a 4-million dollar estate that included 29 fur coats. But because Bing Crosby had a Living Trust, no one knows the intimate details of his estate.

And don't think that a Living Trust is just for the rich. Truth is, smaller estates can be harder hit than large ones by probate. And keep in mind that because women are outliving their husbands by many years, even a small estate can increase tremendously in value over time, especially if you own a home or other real estate.

Women Speak out for The Living Trust

"It is so completely understandable and thorough in explaining the process to follow to set up the trust. It takes all the fright and worry out of the task." M.N. Orange, California

"Extremely satisfied with your service and product. Have recommended to a number of friends and relatives. Is easy to understand without the service of a lawyer." N.R. Falls City, Nebraska

"This should be in the hands of every person contemplating distribution of their estate to their heirs." L.M.P. Greenfield, Indiana

And yes, a Living Trust is revocable. In other words, you have a woman's prerogative to change your mind about any provision-any time. So, there you have it. A Living Trust is faster, more private and eliminates attorney and legal fees and all court costs.

As a woman, *you have the right, the power and the obligation* to protect your heirs from the perils of probate. The DSA Living Trust Kit was developed by a team of legal experts to "walk you through" a Living Trust that meets a woman's special needs. Over 200,000 women nationwide have already taken advantage of the DSA Living Trust Kit offer.

To order, simply print your name and address and the words "Living Trust" on a piece of paper. Mail along with check or money order for $9.95 plus $2 handling-- or charge your to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., 708-12th Street N.W., Dept. W4103, Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W4103.

Send for your Living Trust Kit within the next 15 days to also get a unique Free Bonus Report on estate planning. Supplies are limited so you must act now.

Want to save even more? Do a favor for a relative or close friend and order a second Kit. That's 2 for only $20 postpaid.

You risk nothing. Examine the Kit for 90 days. Share it with your family. Show it to your lawyer. You must be completely satisfied or simply tear off the cover and return for a full refund-no questions asked.

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POST BOOK SHELF

ANIMALS IN THE WHITE HOUSE

Lions and tigers and bears, oh my, have all roamed the hallowed chambers of the White House as favorite presidential pets.

Presidential Pets

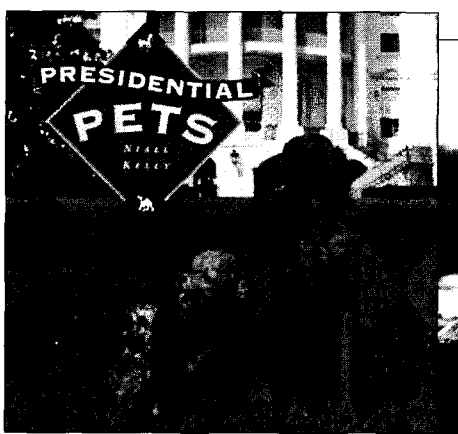
by Niall Kelly
108 pages, Abbeville Press, $10.95

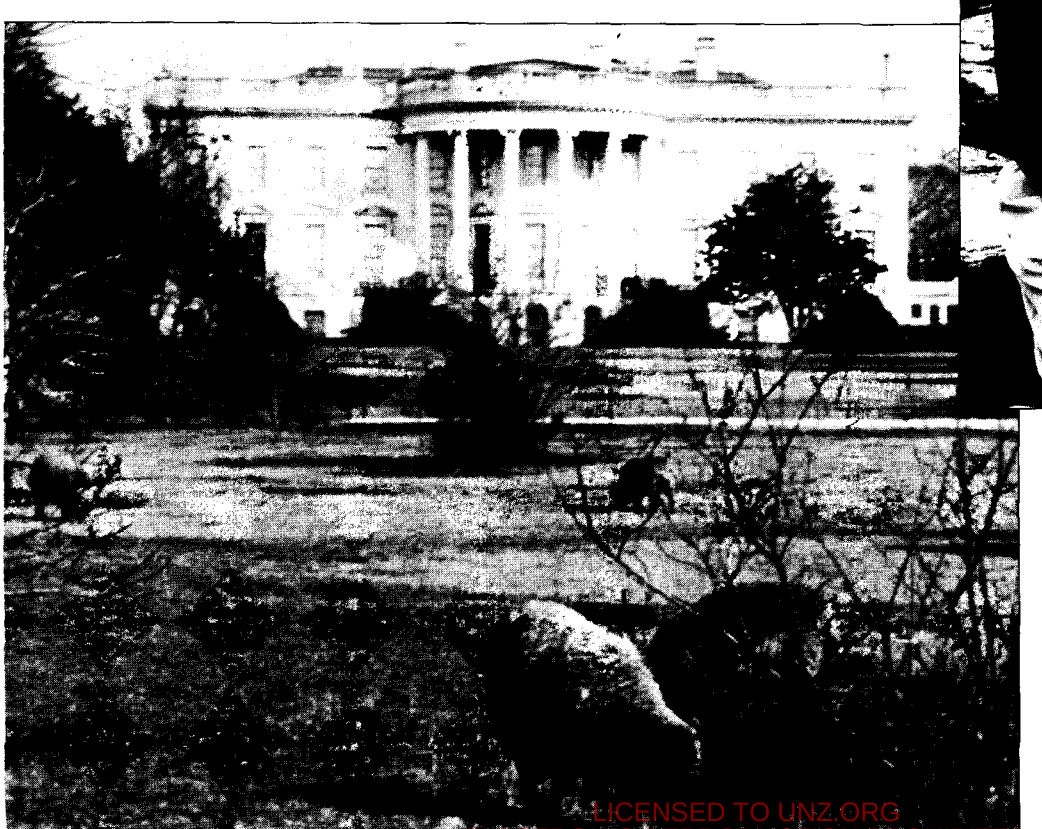
Pick an animal—go ahead, any animal that staggered off the Ark—and chances are that Niall Kelly, author of *Presidential Pets*, has turned up evidence that your choice has at one time had the run of the White House. Or at least the White House grounds. Whether Woodrow Wilson's tobacco-chewing mule ever made it through the back door, Mr. Kelly fails to note. (If so, we can only speculate that it was promptly booted out the first time it missed the cuspidor.)

Although George Washington didn't occupy the presidential residence, freedom to use the building for the pampering of pets could very well have been inspired by our first president. "Washington owned many dogs," Kelly writes, "which he gave delightful names." (One of the most delightful being Madame Moose.) "Martha Washington settled for a green parrot, spending 10 days agreeably teaching it to sing 'Pauvre Madelon.' "

These and dozens of other great moments in history fill the 102 pages of this beautifully designed little volume. Pictures of first pets and Kelly's first-rate writing make it as hard to put down as a purring kitten. Fascinating, charming, often hilarious, *Presidential Pets* serves to remind us of who our best friends really are.

Here you will follow Washington's frustrating attempt to create a line of "supermules." You will learn that in place of a Rose Garden Jefferson had what his opponents called "The President's Bear Garden," referring to





Snakes and dogs, tigers and jackasses, they've all lived in the White House—most of them unelected; (left) sheep substitute for groundskeepers during WWI; (left, above) Nixon's dogs Pasha, Vicky, and Timahoe greet visiting dignitaries; (above) Millie Bush comforts her master, her book having outsold his; (right) Grace Coolidge cuddles Rebecca the raccoon.

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his taking his grizzly bears out of their cage and promenading them around the grounds. And were it not for Mr. Kelly's research, we might never have known that Jefferson's favorite pet inside the White House was a mockingbird named Dick, who not only could imitate dogs and cats but was even taught to accompany the president when he played the violin.

And did you know that dry, cold politician John Quincy Adams turned all warm and mushy when it came to pets? These ran the gamut from an alligator housed in the East Room to silkworms from which his wife, Louisa, spun the silk and created her own gowns. Or how about the fighting cocks that Andrew Jackson brought to the White House? They were found to be less successful in combat than his stable of fillies competing on local racetracks.

We can also thank the author for acquainting us with Martin Van Buren's tiger cubs; William Henry Harrison's cow Sukey; Zachary Taylor's horse, allowed to graze on the White House lawn where visitors plucked hairs from his tail for souvenirs; and James Buchanan's dog Lara, a Newfoundland famous for its ability to pose with one eye open and one eye closed.

Lincoln's goats that rode in the carriage; Jackson's two Jersey cows and his mice; Hayes' greyhound that "positioned itself in the tracks of an on-

coming train;" McKinley's parrot crying out to every group of passing women, "Oh, look at all the pretty girls;" Theodore Roosevelt's piebald rat, flying squirrel, and one-legged chicken; they're all here, down to the finest and funniest detail.

As for Mooly Wooly, the cow William Howard Taft brought to the White House; Old Ike, Woodrow Wilson's ram, and Puffins, the cat; Laddie Boy, the Airedale that became the one bright spot in Warren Harding's scandal-ridden administration; the pigmy hippo that highlighted the menagerie of cats, dogs, birds, a raccoon, a baby bear, a wallaby, a pair of lion cubs, an antelope, a donkey, and a goose sent to the White House by friends and the general populace to liven the place up while "Silent Cal" Coolidge was in residence—you'll have to read the results for yourself.

We *will* add Will Rogers' comment in describing his dinner with the Coolidges:

"Well, they was feeding the dogs so much that at one time it looked to me that the dogs was getting more than I was. The butler was so slow in bringing one course that I come pretty near getting down on my all fours and barking to see if business wouldn't pick up with me."

And so it goes, from George Washington to George Bush and the Bushes' celebrated dog Millie, no president is omitted, no pet overlooked. Herbert Hoover's possum is here, FDR's famous dog Fala, Truman's dog Feller, Eisenhower's squirrels, (not quite pets, as they dug up his putting green), the Kennedys' problem with pets, Johnson's popularity earache from mishandling his beagles, Nixon's dog Checkers that scuttled a brewing scandal, Ford's dog Liberty that got him locked out of the family quarters, the Carters' dog Grits (and the rabbit attack), the Reagans' dog that was exiled to the ranch and then Rex who qualified for White House status.

If you are a lover of animals and can raise the required sum of $10.95, we recommend numbering the purchase of *Presidential Pets* among your pet projects. You'll find it more fun than a barrel of monkeys.

—Maynard Good Stoddard

When your knees go bad... you're in trouble!

Now thanks to Coach "Cotton" Barlow, there's an answer!

Nobody knows more about crippling knee pain, stiffness and strain than "Cotton" Barlow.

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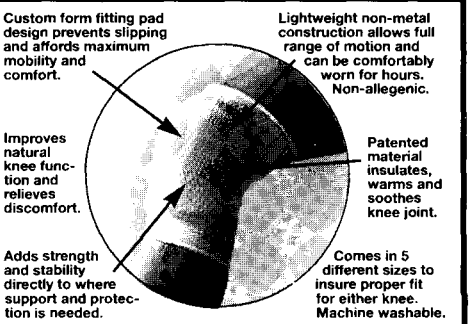
"My doctor said...best knee support he'd ever seen. Advised to keep wearing it!"

Mrs. E.L., Fairfield Bay, AR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Embrace the Serpent

by Marilyn T. Quayle & Nancy T. Northcott
307 pages, Crown Publishers, Inc., $20.00

Would reading the morning headline "CASTRO DEAD!" spoil your appetite for breakfast? If not, read on.

Marilyn Quayle and her sister, Nancy Northcott, recently knocked off the 30-year Cuban dictator before exiting Chapter One of *Embrace the Serpent*, the first book of fiction from the duo's combined long-distance efforts. As an hors d'oeuvre to a feast of breathtaking events, the co-authors put the Cuban dictator away with tasteful relish:

"Fidel Castro raised his arms high and threw back his head, a god basking in the adoration he so richly deserved. His speech had been superb . . . his presence had been hypnotic and commanding. . . .

"He strode to the head of the table . . . . After a glance at his taster, he reached for the tumbler of rum that a servant was presenting him.

"As his hand touched the glass, he stiffened and jerked upright. Splashes of amber liquid spread darkly on his uniform. . . .

"Betrayed by the heart many Cubans doubted (he) possessed . . . Fidel Castro had suffered the ultimate and irreversible insult: death. From the fawning praise of sycophants he'd fallen to embrace a dirty floor."

Rest assured that the exciting episodes which follow all come from the minds and modems of the Tucker sisters. After three years of collaborative effort, Marilyn, 42, the busy wife of the Vice President, and Nancy, 47, mother of four, married to an oral surgeon in Tullahoma, Tennessee, put Fidel Castro in a pine box and successfully take on the Cubans, the Russians, the Arabs, and the Democrats—all in a single volume that is causing a stir on the bestseller lists.

"No group," Marilyn says, "is exempt from good guys and bad guys." The only exception seems to be the liberal Democrats, a group in which good guys are non-existent. "We have *some* reality in this book," she says with a conservative laugh.

The title *Embrace the Serpent* was derived from Shakespeare's *Macbeth*: "Bear welcome in your eye, your hand, your tongue: look like the innocent flower, but be the serpent under it." And the work embraces a host of colorful characters—all products of the authors' imaginations and not to be construed as real. Before turning many of these 307 pages, however, you may very well begin to construe.

Leading this cast of characters are Casar Valles, the lackey the Russians have hand-picked to install as the new Cuban president; members of La Causa, a group of Cuban patriots, determined with help from the U.S. to install the imprisoned General Moya; Bob Grant (R-Georgia), an idealistic senator enlisted to help La Causa; and the one man standing in their way—the President of the United States, a man more interested in image than substance. Then there are the lovers, Maria and Alejandro.

Quayle and Northcott set an exciting pace, shuttling between Cuba and the United States. Quayle's inside knowledge of government is an obvious plus, helping to create an ambiance of credibility.

Will Russia order its army to seize control of Cuba? Or will Castro's brutal brother Raul beat them to it? Maybe the President will come to his senses before it's too late?

Don't you hate it when someone beats you to the denouement of an exciting mystery story by revealing which butler did it? Well, we won't be so cruel.

Whether you're headed for vacation or only to the backyard hammock, *Embrace the Serpent* will keep you in constant suspense. Be forewarned however, if you like to get to sleep early, don't carry the book to bed with you—it will definitely keep you on the edge of your comforter.

As for the authors, well, they're busy at work on the sequel.

—Maynard Good Stoddard

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My Feet Were Killing Me... Until I Discovered the Miracle in Germany!

It was the European trip we had always dreamed about. We had the time and money to go where we wanted–see what we wanted. But I soon learned that money and time don't mean much when your feet hurt too much to walk. After a few days of sightseeing my feet were killing me.

Oh, my wife tried to keep me going. In Paris I limped through Notre Dame and along the Champs-Elysées. And I went up in the Eiffel Tower although I can't honestly say I remember the view. My feet were so tired and sore my whole body ached. While everybody else was having a great time, I was in my hotel room. I didn't even feel like sitting in a sidewalk cafe.

The whole trip was like that until I got to Hamburg, Germany. There, by accident, I happened to hear about an *exciting breakthrough for anyone who suffers from sore, aching feet and legs.*

This wonderful invention was a custom formed foot support called Flexible Featherspring® Foot Supports. When I got a pair and slipped them into my shoes *my pain disappeared almost instantly.* The flexible shock absorbing support they gave my feet was like

cradling them on a cushion of air. I could walk, stand, even run. The relief was truly a miracle.

And just one pair was all I needed. I learned that my wife also can wear them–even with sandals and open backed shoes. They're practically invisible.

Imagine how dumbfounded I was to discover that these miraculous devices were sold only in Europe. Right then I decided that I should bring my discovery to America.

In the last 15 years over a half million people of all ages–many with foot problems far more severe than mine–have experienced this blessed relief for themselves.

Here's why Featherspring work for them and why they can work for you. These supports are like nothing you've ever seen before. They are custom formed and made for your feet alone! Unlike conventional devices, they actually imitate the youthful elastic support that Nature originally intended your feet to have.

Whatever your problem–corns, calluses, pain in the balls of your feet, burning nerve ends, painful ankles, old injuries, backaches or just generally sore, aching feet, Flexible Featherspring will bring you relief with every step you take or your money back.

Don't suffer pain and discomfort needlessly. If your feet hurt, the miracle of Germany can help you. Write for more detailed information. There is no obligation whatsoever. Just fill out the coupon below and mail it today. No salesman will call.

What people say about the miracle:

"A number of my patients have ordered your Featherspring Foot Supports and have been very pleased with the relief and comfort."

Dr. C.J.S., Pittsburg, PA

"I was extremely skeptical when I placed my order, and was expecting to be disappointed. Much to my surprise, I found almost immediate relief from knee and leg pains and corns on my right foot which were a source of continuing pain and irritation have ceased to trouble me."

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"Wish I had believed your ad five years ago."

Mrs. W.C., Fayetteville, N.C.

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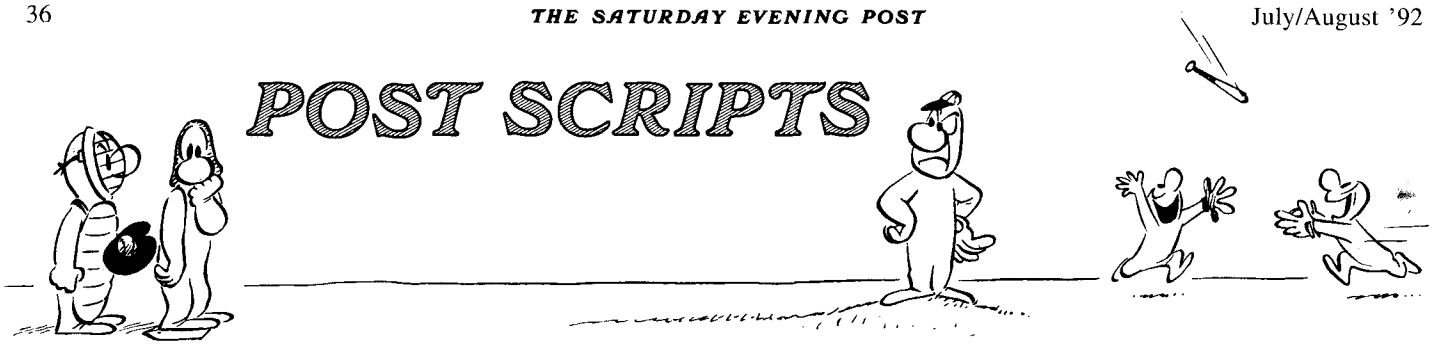


The Parking Lot Blues

Searching throughout the parking lot,
Walking near and far,
Until suddenly—a red-faced thought
struck me—
I drove the *other* car!

—Gayle M. Urban

Funny, Isn't It?

You can judge a man well by the sense of humor he shows; for instance, someone who laughs at the same jokes you find very funny is almost always a smart, worthwhile person.

—Arnot L. Sheppard, Jr.

Be Sure to Wear a Smile

You can wear elaborate clothes,
And wear a nice hat with grace.
You can wear attractive shoes,
Purchased at a prominent place.
But the most important thing you
can wear
Is the expression on your face!

—Rosemary Perry

Experience Is the Best Teacher

Betty: "So, you've accepted Bill's proposal of marriage. Did he tell you that he was once engaged to me?"

Cindy: "No, not really. But he did say that in the past he had done some very foolish things."

—Thomas LaMance

How about a Trade?

Compromise: When two people get what neither of them wanted.

—Rhonda Leigh

Nothing Left to Remember

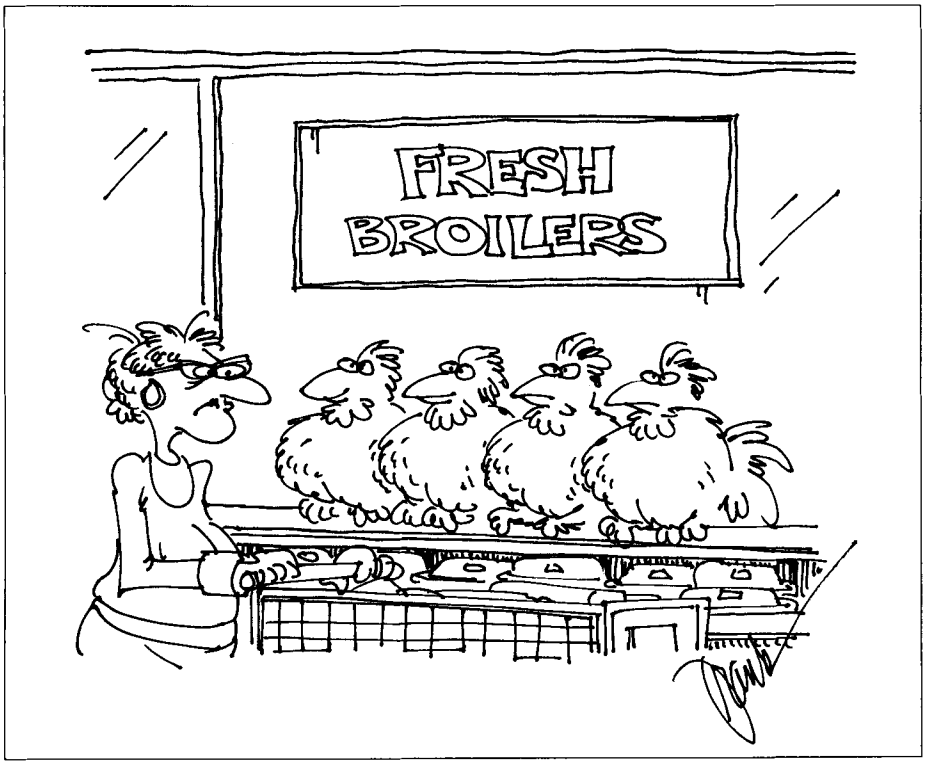
Living in the past has one thing in its favor—it's cheaper.

—Marcia Talmage

It Doesn't Always Add Up

Faithfully, I count calories;
My tally is always complete—
Sadly, the sum arrived at
Rarely affects what I eat.

—Jill Davis



Visit with a Fortune Teller

The new patient in the nursing home was tall and healthy looking. He was not in a wheelchair, used no apron walker or crutches, not even a cane. As he made his way to the dining room or elsewhere he noticed an old lady in a wheelchair in the hall who seemed to observe him with unconcealed curiosity. It became bothersome, so one day he stopped at her chair and spoke to her.

After introducing himself, he said: "I notice when I pass your chair, you seem to watch me with more than usual interest. Is there something wrong?"

"No, it's just that you look so much like my fourth husband," she answered.

"That's interesting," he said, "How many times have you been married?"

"Three times," she replied.

—Irene Morgan Townsend

Keeping an Eye on the Road

The automobile may have replaced the horse and buggy, but it's still wise for all drivers to stay on the wagon.

—Rhonda Leigh

Better Kick the Tires, Too

Even when a girl is pretty as a picture, guys like to get a peek at the frame.

—Pat Juenemann

Hypochondriac's Indemnification

There once was a doctor sardonic,
Whose patient's complaints were
quite chronic.
He thought her a plague,
For her symptoms were vague;
But her illness, it turns out,
was bubonic.

—Wanda M. Trawick

Believe in Yourself

Faith is the belief that the things you feel powerless to achieve may be possible after all.

—Rose L. Korotkin

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Growing Suspicion

See that handsome green plant in my
garden patch?
It came from some wind-driven seed.
It's healthy and hardy and flourished
from scratch,
Which, of course, means it must be
a weed!

—Lois Hiner

Smarter Than the Sum of Its Parts

As part of a research survey, the young boy was asked what he thought was the greatest invention of all time. He pondered the question for awhile and then pronounced, "The thermos bottle."

"What?" cried the flabbergasted interviewer. "Why in the world do you think the thermos bottle is the greatest invention of all time?"

"Well," the youngster explained, "because it keeps hot things hot and cold things cold."

"What's so great about that?" probed the researcher.

"Don't you understand?" asked the boy. "How does it know?"

—Bert Lee Hudson

Sad but True

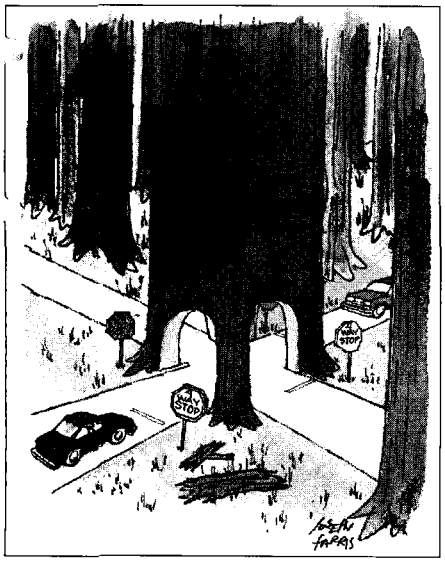
Soul mates do not always
Turn out to be sole mates,
And playmates
Often wind up as PAY mates.

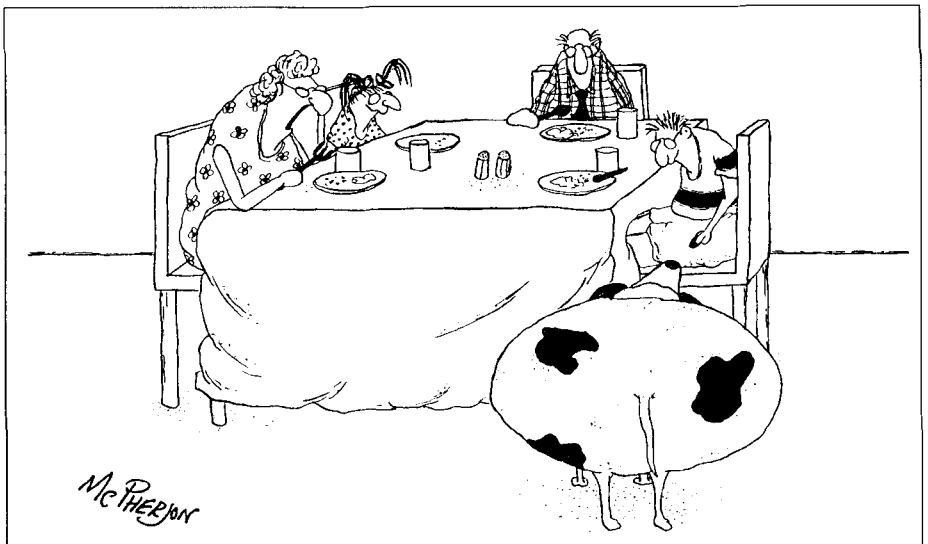
—Rose Korotkin

Heavy on Procrastination

He put off his diet
Till it was too late.
And so was victim
Of over wait.

—Robert Fitch





"I do not want you feeding the dog scraps at the table!"

A Clean Joke

Did you hear the one about the guy who married the girl he met in the laundromat?

Now he is washing for two.

—Ron Zeh

Swept under the Rug

If people keep on trashing the environment, they'll have to change the name of the Earth to Polluto.

—Marcia Talmage

Picture That!

A woman who felt that her husband was being unfaithful asked a portrait painter to do a portrait of her.

"Now," she said, before he started the work, "I want you to paint a diamond and pearl necklace on my throat, an emerald bracelet on my wrist, and a large ruby ring on my finger."

"Do you have those jewels?" the painter asked in surprise.

"No," she said, "but if I die and he remarries, I want his second wife to go crazy looking for them."

—Edith Zittler

A Fool and His Money

Garage sale shoppers have little trouble finding bargains, but lots of trouble finding a use for them later.

—Sam Ewing

Paying for Full Service

Owner of small car: "Just a pint of gas and a cup of oil, please."

Station attendant: "And shall I cough into the tires?"

—Edith Kohler

You Snooze, You Lose

Oh mighty hunter, with arrow
and bow,
There's deer in the field, a buck
and two doe,
But where is the hunter who's out
for the meat?
He's out in his deerblind, fast
asleep!

—Kimberly Sue Scripps

Simple Plot

During World War I when Harrigan was in France, his wife wrote to him. "There isn't an able-bodied man left in Ireland," she said, "and I'm gonna have to dig up the garden myself."

Harrigan wrote back, "Don't dig up the garden. That's where the guns are." The letter was censored and soldiers came to the house and dug up every square foot of the garden. "I don't know what to do," wrote Mrs. Harrigan to her husband. "Soldiers came and dug up the whole garden."

Harrigan wrote back, "Now plant the potatoes."

—Laurie Baker

Sound Fiscal Management

Our teenage son has a part-time job.
He brags of his financial skills.
He saves every penny he earns,
Cause we pay all his bills!

—Lucille Rhodes

On Marriage

Marriage is like brandy,
or a rare and costly wine:
the flavor's often better
when it's savored over time.

—Ronda Lawson

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GARTH BROOKS: HITTING 'EM IN THE HEART

In four years this unlikely heartthrob from Yukon, Oklahoma, has gone from part-time boot salesman to country music's hottest-selling recording star.

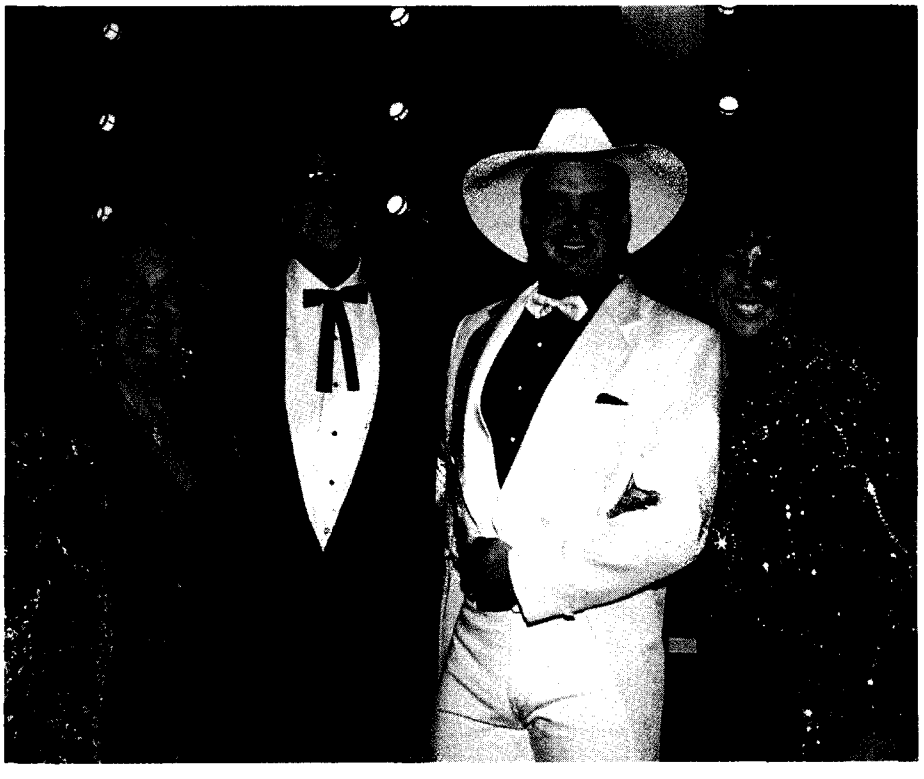
by Marjie McGraw

"I like to bypass the listeners' ears and hit 'em in the heart," says Garth Brooks, the hottest thing in country music since pedal steel.

No matter if you've got the only broken seat in the house, nobody sits down at a Garth Brooks concert anyway. As artificial smoke begins to rise on the stage and anticipation hits the boiling point, the crowd is on its feet, girls screaming from their perches on boyfriends' shoulders. A spotlight hits a lone guitar and the roar echoes off the rafters as the star strides onto the stage.

Is this the heartthrob—this pudgy, balding, self-deprecating 30-year-old from Oklahoma? You'd better believe it. By "hitting 'em in the heart," a mystique which even he is at a loss to understand, his shows are sell-outs within 20 minutes after the ticket windows open. Brooks has sold more albums faster than anyone in the history of country music. His face has recently graced the covers of *Life, Time,* and *Forbes*. Thus to this Nashville phenomenon goes much of the credit for bringing country music into the floodlight of national popularity.

Garth Brooks' sudden success is what happens when you combine energetic rock-'n'-roll showmanship with the poignant lyrics of country music—born of a man who doesn't believe he's good-looking enough just to stand still and sing. He works the stage like a caged animal, pacing nervously, stopping only to share small, intimate details of his life as they relate to the songs he sings. Onstage, he represents nonconformity, escape—helping fans to shed their inhibitions and get in touch with their real feelings—that's what makes him exciting.



Love of country music runs deep in Garth Brooks' family—his mother, Colleen Carroll, performed with Red Foley's *Ozark Mountain Jubilee*; his father, an oil engineer, is an old hand at guitar; wife Sandy is Garth's biggest fan.

Brooks has that ephemeral "star" quality both Elvis and Hank Williams possessed. It has little to do with his voice—hundreds of singers can sing just as well. It has everything to do with heart-to-heart communication, the ability to reach down and touch the soul of an audience.

Which is exactly what he's done. And he's touched their wallets, too. Brooks' album sales of nearly 20 million knocked even Michael Jackson from the top of the charts and outsold rock stars like Bon Jovi, Bruce Springsteen, and U-2, earning the Yukon, Oklahoma, native a plethora of awards, including *Billboard*'s 1991 Top Pop Album Artist. His third album, *Ropin' the Wind*, made music history by becoming the first album to debut at No. 1 on *Billboard*'s country *and* pop charts.

The youngest of six children, Brooks was fed a steady diet of music by his parents. His mother, Colleen Carroll, had been signed to Capitol Records in the '50s and performed regularly on Red Foley's *Ozark Mountain Jubilee*. ("One time Jackie Gleason even sang background," Garth boasts.) His father plays guitar, and an older sister worked with recording artist Gus Hardin. Brooks learned to play guitar at 17 and by 20, was playing paying gigs, but during high school and college, music took a backseat to sports. He attended Oklahoma State University on a track scholarship, played in honky tonks on weekends, and focused on music only when he failed to make the Big Eight Conference finals his senior year.

Brooks hit Nashville in 1985, convinced he could be a star, but left 23 hours later, discouraged, after meeting an indifferent music industry face-to-

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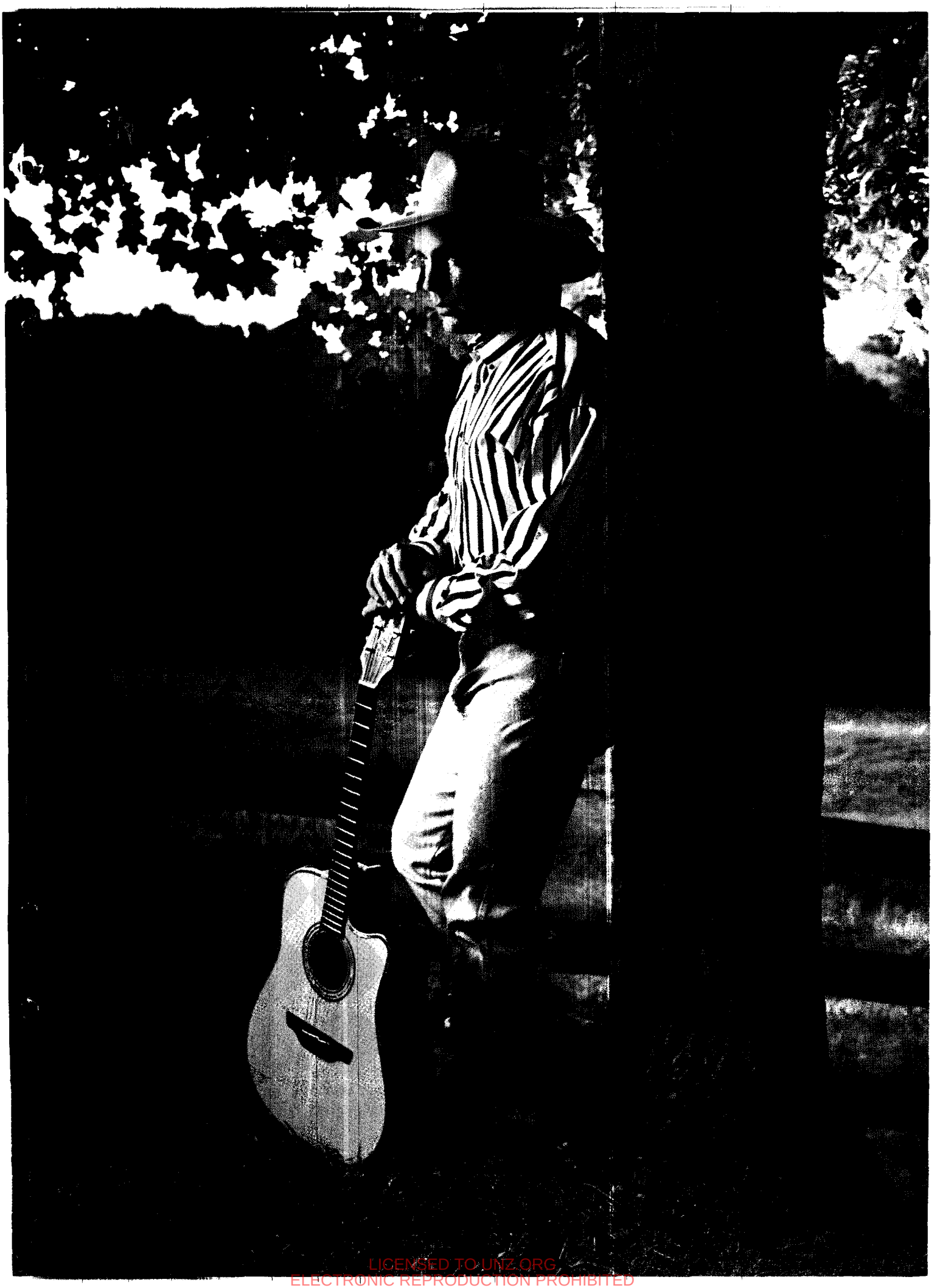

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THE VOICE IN THE EARPHONES

The elderly immigrant had never flown a plane in his life, yet here he was sitting at the controls of a jetliner 8,000 feet over Kansas with two pilots lying unconscious at his feet. Then the unbelievable occurred.

by Wilbur Schramm

Illustrated by Amos Sewell

It had never happened before in the history of aviation. The chances of its happening again are one in a number that has zeros stacked across the page like eggs in cold storage. And yet the fact remains that it happened. For a long time, people who saw it will tell their children and grandchildren how Shorty Frooze, who had never flown an airplane, found himself suddenly at the controls of an airliner 8,000 feet up in the blue air over Kansas, and how, like a farm boy breaking the new colt, he calmly decided to ride the big ship in to a landing.

But to appreciate what really happened that July afternoon you have to know something about Shorty. His real name wasn't Frooze, of course. It was Habib el Something or Other, one of those Asia Minor names that are like nothing in English. They began to call him Frooze in the years when he was a fruit peddler in a little town near Kansas City. I can still remember him driving his donkey cart through the streets, jingling a bell, and singing his wares in a high voice that penetrated every kitchen in town. "Can'aloupe!" he would call. "Wa'ermelon! Fresh Frooze!" And the name stuck, even when he learned to say "fruits" and retired the patient little donkey and set up a sidewalk stand in Kansas City—Shorty Frooze.

The most important thing about Shorty was his son. Had you ever guessed Bill James was his boy? Bill dropped his last name when he went to the University of Kansas. He was as different from his father as could be. He was big and handsome and popular, and a great athlete. Shorty told me once that Bill resembled his mother, who died when Bill was born. And inevitably Shorty's boy grew away from nervous little Shorty, who couldn't even talk plain English. Bill wasn't exactly ashamed of his father, but when he took him to father-and-son banquets in high school, Shorty didn't enjoy it, and other people were ill at ease, too, and thereafter Shorty faded into the background. He stayed away from Bill's fraternity house in Lawrence. Whenever Bill played ball I would see Shorty there, with a happy mist in his eyes, but always in some inconspicuous corner, and I could never find him when the game was over.

One big area of Bill's world was closed to Shorty. That was aviation. Bill was a natural flier. He soloed at 17. By the time he was 18, they said, he could fly a barn door if anyone would put an electric fan on it. He went to the airlines before he finished Kansas. When the shooting started in Europe he wanted to go right into the RAF, but Shorty said no. He said Bill was all he had left. Wait at least long enough to finish out the year with the airlines, he pleaded. Because Bill wasn't quite 21, Shorty had to give consent. They said some pretty bitter words before Bill stomped out of the house, back to his job. And then came the accident, barely a week later, with Shorty watching.

Shorty grieved unnaturally over Bill's death. He kept blaming himself, torturing himself. I always passed his little stand on my way to work, and for days at a time it would be closed, while Shorty sat at home grieving. Then he took to hanging around the airport, talking to the mechanics and the pilots and watching the ships slide in from every point on the compass. They knew why he did it; he felt closer to Bill there. But after a while he became a nuisance, and they had to ask him to stay away.

Then he went back to work again, frantically. I could find him at the stand any hour of the day or evening. To save money he went often without food, as he had when he was helping put Bill through Lawrence. And whenever he had a few dollars saved up he took an airplane trip. He would come to the airport hours before flight time. People stared at him and smirked behind their hands. The first time I saw him there, I stared, too. I didn't know him. He had got out his Sunday suit, and it must have been the suit he was married in. It had tight trousers and a long coat and made him look like something out of a musical comedy. But when the plane was announced Shorty was always first in line, and he would scurry out to be sure of the front seat. That was as near as possible to the place where Bill had sat when he was pilot; there Shorty could see as nearly as possible what Bill must have seen from the pilot's cockpit. It would have seemed pitiful, his trying so hard to get closer to the boy in death than he could in life, if it hadn't been laughable. And that was how Shorty happened to be on the front seat of an airliner bound from Denver to Kansas City on the July day when it happened.

The other passengers confirm Shorty's story of what happened. They were well out of Denver toward Kansas City when the stewardess opened the door of the pilots' compartment and stepped into the passengers' part of the ship. She was as white as her blouse, they said. She sat down unsteadily beside Shorty in the front seat. Apparently only Shorty heard what she said. She pointed to the front compartment.

"My God, see what's in there!" she gasped, and fainted dead away.

Shorty himself didn't know exactly why he did what he did in the next

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"Don't be scared of the instrument board," said the voice. "You won't need most of the things on it."

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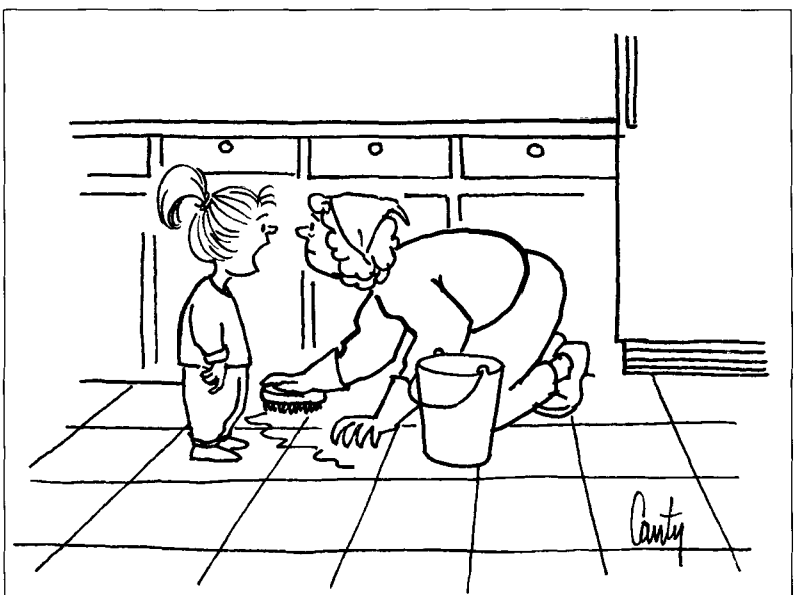
few minutes. Why he took the stewardess's keys and went into the pilots' compartment, instead of giving the stewardess first aid, is something that could be explained only in terms of some larger pattern of which that act was a part. The important thing is that he did go through the door forbidden to passengers. He locked the door behind him and looked along the passageway, which he had never seen but which Bill had seen so often, past the radio equipment, past the baggage compartment, to the cockpit where pilot and copilot sit surrounded by windows and instruments.

At first he comprehended only that there was something vaguely wrong with what he saw. It came to him slowly that there was no pilot and no copilot, and no hand was on the controls, and no eye was watching where the ship flew.

Still slowly, like a man lifting an unknown weight, he mastered other details: one pilot stretched out on the floor, the other slumped down behind his seat. Shorty touched them, fearing he might be touching dead men. He listened to their hearts. He propped them up, then stretched them out and poured water from a vacuum bottle on their faces. You have read the story in the newspapers, of course, and you know that pilots and stewardesses were suffering from a violent attack of food poisoning, from a lunch they had eaten before flight. But Shorty did not know that. He knew only that both pilots were unconscious, and he could not revive them, and he was alone with the controls of a transport plane high above Kansas.

The sensible thing, he admitted to himself, would be to go back and see whether a doctor or a pilot was among the passengers. He tried to weigh the possibility of there being a doctor or a pilot against the possibility of panic if there was none. And partly because of that judgment, partly because he was at last where Bill had sat on so many flights, he decided not to go back to the passengers—not for a little while.

He sat down in the pilot's seat, trembling, but not with fright. This thing with the little steering wheel on the end must be the "stick" Bill had mentioned so often. There was one for each pilot, and two pedals like clutch and brake in front of each stick. He tried to see how many of the dials and switches on the instrument panel he could identify from hearing Bill talk about them. One he was sure of—down at the lower left center, a handle marked *Automatic Pilot.* He judged that was what was keeping the plane level and straight. Things would be all right until the gas gave out. Here was the radio headset. Acting on a sentimental little impulse, he put on the earphones and picked up the microphone Bill must have addressed so often.



"When I grow up I'm going to be the other woman."

Bill would have said something professional like "Pilot to tower," he knew, and given the flight number and position. But the only thing Shorty could think of to say, in a high, embarrassed voice, was, "Hello there. Hello, Kansas City."

Nothing happened for a minute, and then a voice came into his earphones. He felt like a boy caught playing with forbidden toys. But the voice was calm and matter-of-fact. "Hello, old fellow," it said. "Been wondering where you were. Anything wrong?"

Shorty thought at the time that the voice would be engraved in his memory like chisel cuts in stone, but later he had trouble describing it for me. The radio didn't leave much color in it, of course, and it was like any other airways voice— flat, calm, sparing of words, the kind of rhythm men develop from dealing much with elements and refusing to get excited over mere man-made things. All afternoon Shorty kept trying to identify it with some person he knew, but not quite succeeding. It was a friendly voice, for all its impersonal quality. It invited confidence. And before Shorty really thought about what he was doing, he was pouring the whole story of his situation into the microphone.

When he stopped, there was a long, low whistle from the earphones.

"My kid Bill ought to be here," said Shorty. "He was a flier."

"Yes, I know," said the voice. Then it was silent so long that Shorty said anxiously, "Hello?"

"Well," said the voice thoughtfully. It took a long time to say, "Well."

"What shall I do?" asked Shorty.

"If I were you," said the voice, "I'd fly her into Kansas City."

"But I don't know how," said Shorty.

"I'll teach you," said the voice.

"You'll do what?" gasped Shorty.

"Put your hands on the stick and your feet on the pedals," said the voice. "Don't be afraid. They won't bite."

Shorty swore to me that is what happened up in the plane. That is how he came to do what he did. He says he didn't feel frightened at first; he felt foolish, like a man on a quiz program. Then he wondered how soon he would wake up. It took a long time, Shorty said, before the reality of the situation swung around in his mind and hit him like a fist.

And by that time the voice in his earphones had taken over and wasn't giving him a chance to be frightened.

"Don't be scared of the instrument board, either," said the voice. "You won't need most of the things on it. They're luxuries. See if you can find a dial marked *Altimeter* and tell me what it says."

"Eight," said Shorty.

"That means 8,000 feet," said the voice. "Now look for a handle marked *Automatic Pilot.*"

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"Here it is," said Shorty.

"Turn it to *'off.'* "

"Take off the Automatic Pilot?" gasped Shorty.

"Sure," said the voice. "You're going to learn to fly this crate, aren't you?"

Shorty's hand shook as he took off the Automatic Pilot. The left wing dropped slightly.

"Keep the stick center."

The wing went up.

"How did you know?" asked Shorty incredulously.

"Everybody does it the first time," chuckled the voice, "Now let's try a few things. Landing's simple, but you'll have to know how to bank. Let's try a left bank first. Put the stick a little left and a little forward. Push the left pedal a little. Just a little."

Bill had talked about that, Shorty remembered. He had said that the pedals worked just the opposite of a bobsled crossbar.

The big ship came around. Shorty took one hand off the stick and wiped sornething wet out of his eyes. In that instant he understood more of what flying had meant to Bill than ever before.

"Level it off," said the voice. "Press the right pedal a little. Stick back to center. Pull it back a little to put the nose up. How was it?"

"A little jerky," said Shorty.

"You probably lost some altitude, too," said the voice. "That's because you didn't keep your nose on the horizon."

"My nose?" asked Shorty.

"The plane's nose. Now let's try another left bank." The voice seemed to hypnotize him into it, Shorty said. "Now another," it said. "Better? . . . You know," said the voice, "you might fool me and come in on the other side. Let's try a right bank. Just the opposite. Right pedal, and so on. Come on, now; let's do it."

"That was pretty bad," said Shorty. "I remember, Bill said a right bank seemed harder than a left one at first."

"That's right. Now let's practice another one."

"What do you suppose the passengers think?" asked Shorty.

"What they don't know won't hurt them. Are you flying along the railroad tracks now?"

"Pretty close."

"East or west? Look at your compass. Top of the instrument board."

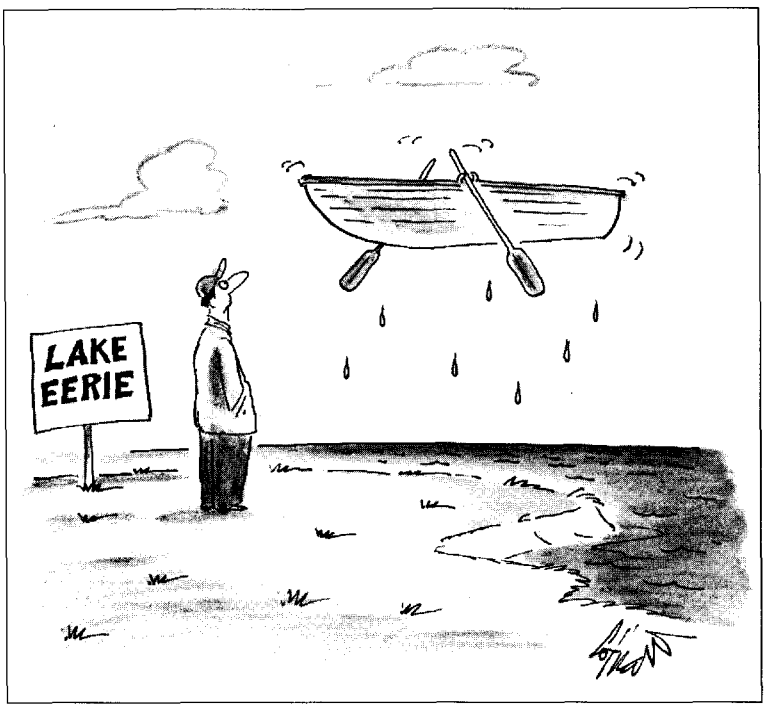
"East."

"Good. How are you at glides?"

"I never tried one," said Shorty.

"Better try two or three. About all there is to landing is a good long glide. Push the wheel a little forward and try one. Not too far forward. What does the altimeter say now?"

"Seven and a half. Does that mean 7,500?"



"Yes," said the voice. "Now look around and find the switch that lowers the wheels. You'll need that."

Shorty said he surrendered himself to the voice like a man floating downstream. What it told him to practice, he practiced. What it told him to push and pull and press, he did. Once there was a prolonged pounding on the door behind him. "Shall I open the door?" he asked the microphone.

"I wouldn't," said the voice in the earphones. "Why take a chance? You can fly this job, Pappy. You don't need help."

That was one of the sweetest moments in Shorty's life.

"They told me I was too old to learn to fly," he confessed. "They even kicked me out of the Kansas City airport."

"They won't today," said the voice.

Shorty said he wished he had a 50-cent cigar. That was the first moment in his life when he had felt like smoking one.

As they flew on across Kansas, Shorty said he got a kind of physical pleasure out of living he hadn't experienced for 30 years. His senses seemed peculiarly alert to the blueness of the air above him, the sweep of the Kansas plain, the wind waves in the wheat, and prairie grass below him. He saw another plane, headed southwest along the distant horizon, and felt the warm sense of brotherhood that ships feel at sea. Bill had told him about that feeling, but he hadn't understood it.

He even began to feel like talking—more so than he had ever felt with anyone except Bill, when Bill was a boy. With his customers, with the few neighbors he knew, he always tried to say as little as possible and to cover up his awkward English and his funny accent. This fellow talking into his earphones actually seemed to want to hear him talk. Shorty told him about himself, and about Bill, and about some of the things he could see from the plane. When he saw what looked like wheel tracks curving across the prairie, it was the most natural thing on earth to ask the voice what they were.

"That's the old Santa Fe Trail," Shorty's earphones said. "That's the road they took before there were railroads. They went to the old Spanish cities in Mexico and brought wagonloads of goods home to sell. That's one of the most famous roads in America."

"Why, that's what I do," said Shorty, becoming excited. "That's how I do it. I get the stuff down south and bring it up here to sell. I used to sell it in wagons, too. Can'aloupes and wa'ermelons and frooze." Unconsciously he dropped back into the old immigrant English.

"Sure," said the voice.

Impulsively, Shorty told about the

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ARNOLD AT THE FITNESS FARM

The "Terminator" becomes the "Instigator" of exercise and fun at the Family Fitness Day bash.

by Carol Krucoff

Five-year-old Chase Sanders stood waist deep in a gunnysack, his lower lip trembling and his eyes teary with despair.

"I can't do it," he said, furrowing his small brow as several children bounded past him, hopping gamely in their gunnysacks.

Just then, the world's strongest pair of arms swooped down, grabbed Chase's gunnysack, and hoisted the boy into the air.

"Don't say can't," Arnold Schwarzenegger said gently into Chase's ear as he helped the boy hop through the relay race. The youngster's face lit up, and he gazed at Arnold in awe.

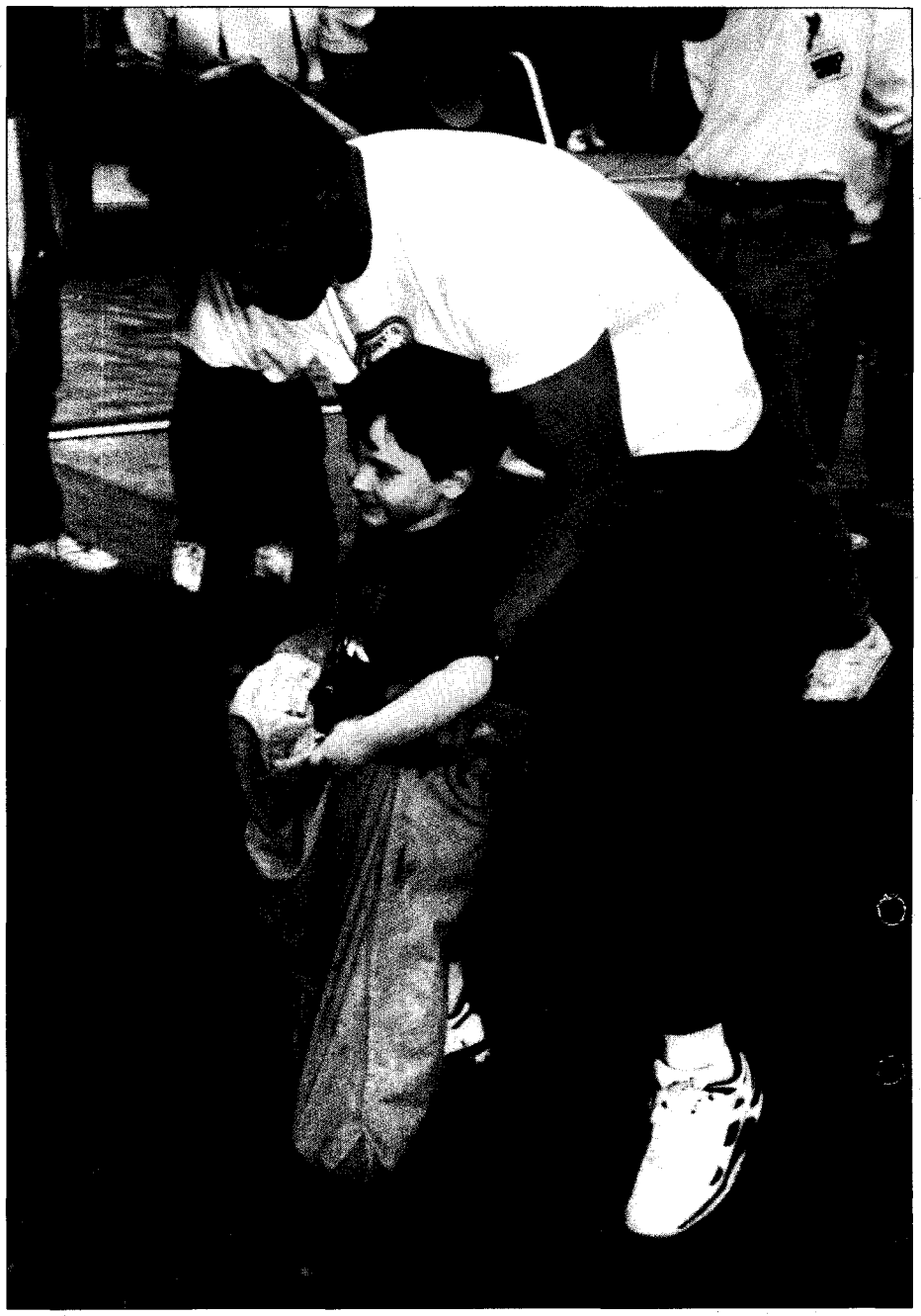
"You CAN do it," Arnold told him, as excited onlookers cheered. "Never say can't."

As Chase stood blinking in amazement, the world's No. 1 entertainer raced off to inspire other children participating in the "Arnold Relays" at the Fitness Farm on a glorious April afternoon in Indianapolis. Arnold played catch with children in wheelchairs, gave pointers to kids doing sit-ups, and admired the handiwork of several young blind ham radio operators.

"Every person has the right to be fit," Arnold said. "Not only those who are healthy and athletic, but the physically disabled, too. It's important that we don't lay off physical education specialists every time there's a budget crunch. Because we've got to teach our children that it's just as important to be fit as to be smart."

Arnold has personally brought this message to countless children, educators, and politicians across America in the two years since President Bush appointed him chairman of the President's Council on Physical Fitness and Sports. Pledging to help make the '90s the Fitness Decade, Arnold has visited all 50 states—his previous visit to Indiana included playing Pied Piper of Fitness to more than 3,000 ecstatic schoolchildren at the Fitness Farm back in the fall of 1991.

"A year ago I was here and I said then, 'I'll be back to pump you up,' " Arnold told the wildly enthusiastic crowd—that ranged from babies to grandparents—on hand for Family Fitness Day at the farm. "Our kids in this country are getting slower and fatter,



Arnold's "Never Say Can't" philosophy convinces a skeptical young aspirant that he *can* hop with the best of them in the gunnysack race.

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Physical education teachers and health care professionals were eager to volunteer to promote Chairman Schwarzenegger's message of upgrading physical education in our schools.

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Arnold tries his hand at Zoogle, a game designed by a polio victim to improve coordination and provide exercise for the physically impaired.

Deaf students practice curl-ups, a requirement for the President's Challenge fitness test, while a sign language pro translates for Arnold.

with high cholesterol, high blood pressure, and cardiovascular problems. We must stop the downward trend. You've got to exercise every day instead of watching TV. Instead of video games, play real sports games."

Arnold lifted his mighty arms and struck a muscleman pose. He popped a bicep and the audience went wild. "I did not get like this by sitting down and playing video games," he said, grinning. "It's cool to exercise every single day."

One of the many reasons why it's important to shape up, Arnold told the crowd, is that physically fit people are less inclined to take drugs, alcohol, and tobacco.

"What are you going to say to drugs," he asked the crowd.

"NO!" they screamed.

"What are you going to say to alcohol?"

"NO!"

"What are you going to say to tobacco?"

"NO!"

"Are you going to exercise every day?"

"YES!"

Arnold then led the entire group in a series of calisthenics including jumping jacks, push-ups, and knee lifts before taking off to do his own personal workout at the National Institute for Fitness and Sport gym. "No matter how busy I am," he said, "I make the time to work out."

Earlier that day, Arnold had addressed hundreds of physical education specialists at the 107th annual convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) at the Indianapolis Convention Center.

"It's time to heal the wounds between AAHPERD and the President's Council," said Arnold who noted that when he became council chairman, "the two organizations were going in opposite directions. I said we have to work together and start moving in the same direction because we have the same interests. We want to make sure the children in this country are fit."

To the admiring applause of the assembled physical education specialists, Arnold and AAHPERD president Harold Morris announced the initiation

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The Grand-Time Striders—grandparents walking with their grandchildren—are directed by T George Harris, a well-known fitness advocate, author, and editor-in-chief of the Children's Better Health Institute.

The Fitness Farm ham radio facilities allow blind students to escape their smaller world by communicating with people in distant lands. They cracked up when nold told a surprised faraway ham, "I'll be back!" Later they played with noise-making balls.

Thousands of tulips were planted to greet visitors to the Fitness Fair and Saturday Evening Ball, but cool weather slowed their blooming. A week after the big day, the Fitness Farm was a blaze of color.

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of a cooperative effort to create one national physical fitness assessment and education program to be entitled the President's Youth Fitness Program. This new program will combine the best elements of both groups' former national programs—the President's Council's President's Challenge and AAHPERD's Physical Best.

Having just one test will help end the confusion Arnold said he heard expressed by teachers across the country during his travels. "That was one of the biggest complaints from educators," Arnold said. The test is expected to be ready in September 1993 and will be geared to youngsters in kindergarten through 12th grade.

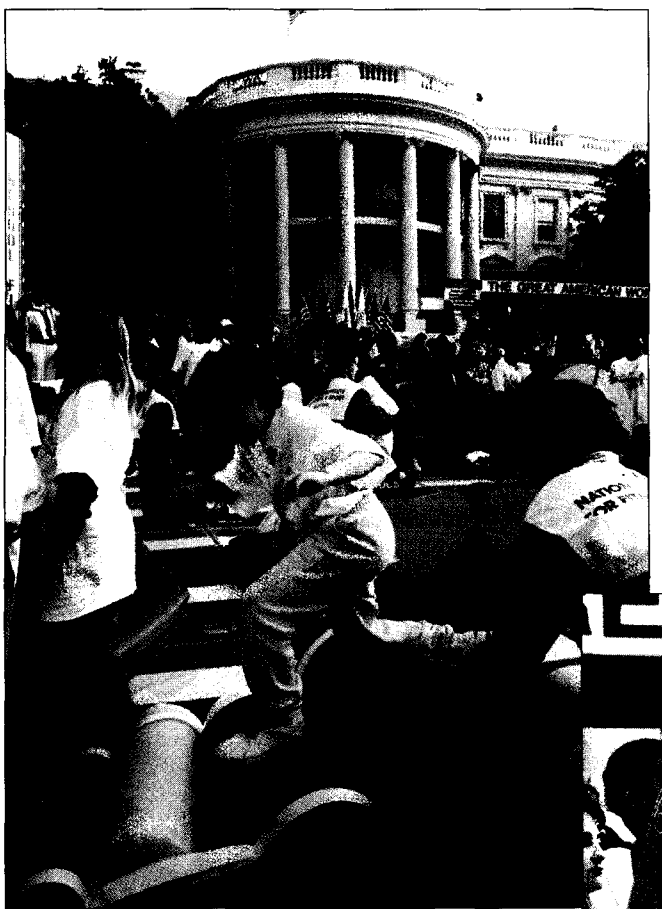
Arnold urged AAHPERD members to protest school physical fitness budget cuts by writing to the U.S. Secretary of Education and their elected officials. "They always cut the area where they feel there will be the least protest," he said. Daily physical education classes are vital to the health of American youngsters, said Arnold, who noted that only one state—Illinois—requires daily phys ed.

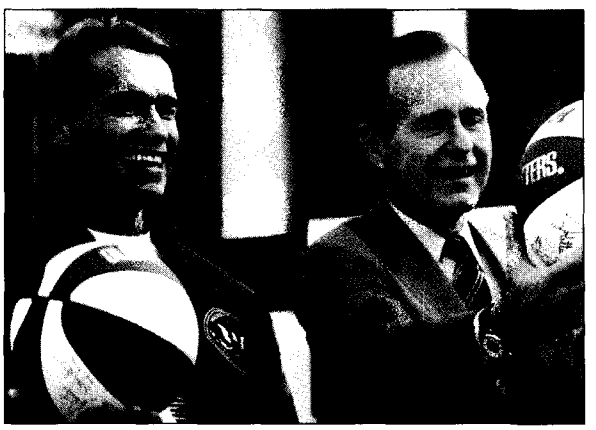
Then he and AAHPERD president Harold Morris signed the agreement between the two organizations.

Looking up with his trademark steely-eyed gaze, Arnold joked, "Anyone that is in our way of making this possible will be terminated."

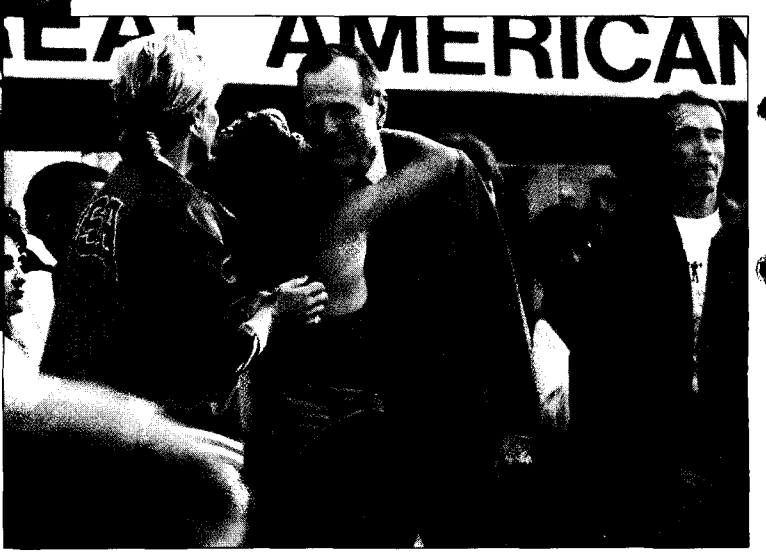
The Third Annual Great American Workout

Inaction in Washington? Not at this early morning event hosted each May by the President's Council on Physical Fitness and Sports.





The goal of the workout is to get kids to turn off TV and turn on to outside activities that will help them shape up. "Fitness can really enrich the mind and body," President Bush told guests.



(Above) How green was the White House lawn, until it became the launching pad for the popular National Institute of Fitness and Sport exhibit. Here kids demonstrated the latest in fitness activities. (Right) Denise Austin of ESPN caught the President off guard with a big bear hug.

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THE FIRST ANNUAL SATURDAY EVENING BALL

Arnold Schwarzenegger urges seniors to waltz their way to fitness.

by Carol Krucoff

"Dance with your mother" was a theme of the ball. Suzanne Timken of the President's Council and son Mark led off with an aerobic cha-cha-cha. (Bottom) Over 300 celebrants attended the ball at the beautiful Indiana Roof Ballroom in Indianapolis.

When the last of their three children left home, Marian and William DeMyer decided to find an activity they could pursue together that would satisfy his desire to compete and her interest in getting fit.

Like an increasing number of older Americans, they chose ballroom dance.

"It's delightful to move to the music, to dress up and meet new people," says Marian DeMyer, a research psychiatrist at Indiana University whose previous exercise had been limited to "chasing kids around the house." After 12 years of ballroom dancing, she says, "my legs are much stronger, and I can isolate body parts in a way I never could before. And best of all, I don't have to diet if I dance."

"Most sports, like tennis, have a male advantage so you can't be competitive with your spouse," adds her husband, William, a pediatric neurologist. "But ballroom dancing lets us compete together. And what other sport would let me hold such a delectable creature in my arms for so long?"

The DeMyers were among 300 celebrants who waltzed, cha-chaed, and fox trotted their way around the Indiana Roof Ballroom in April at the Saturday Evening Ball. The elegant black-tie affair marked the grand kickoff of a nationwide movement to get senior citizens fit through dance.

"Tonight we begin our fitness crusade for retired people," announced actor Arnold Schwarzenegger who, as chairman of the President's Council

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on Physical Fitness and Sports, has traveled to all 50 states to promote fitness for youngsters. "Now you'll see senior citizens getting the same amount of attention as we gave to children. People at any age ought to be exercising, and dancing is good exercise."

From college campuses to senior centers, private homes to retirement homes, more and more Americans are discovering that dancing is both great exercise and great fun. "People often sign up for lessons because they want to do something active," says Pam Rutherford, who with her husband, Dan, runs a popular Indianapolis ballroom dancing studio. "But they keep on coming because it's so much fun."

Unlike riding a stationary bike or running on a treadmill or many other forms of exercise, "dancing is pure joy," says 76-year-old Gean Dentina of Pekin, Illinois, a retired physical education teacher who has been dancing since she was six. "And it's kept me in great shape. I don't take any medications or pills—I don't even have aspirin in my medicine chest. Every morning when I get out of bed I do a left and right splits."

One indication of dancing's increased popularity is the dramatic jump in membership in the United States Amateur Ballroom Dancers Association (USABDA), which went from 2,000 members in 1988 to more than 10,000 today. "Dance sport is growing in international stature, too, with over 50 member nations," says USABDA President Peter Pover, who also represents the United States on the International Dancesport Council. That organization is currently working to make ballroom dance an official Olympic sport.

"It's ironic that you can dance on ice skates in the Olympics, but not in shoes," says Chuck Mason, who teaches ballroom dance at Indiana University/Purdue University and has coached ice dancers in ballroom techniques. "Ballroom dance is a sport as well as an art form."

While increasing numbers of young people are getting into the swing—and the mambo and the two step—seniors represent one of the major growth areas in dance.

"Dance for seniors is skyrocketing because we have a lot more people retiring at an early age and a lot more healthy elderly who have the time to pursue activities they've always want-

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ed to do," says Ollie Mae Ray, Ph.D., professor of health education at Eastern Illinois University. "They're looking for recreation that will keep them active. Dancing helps you relax, it clears your mind, and it can be done by people of all skill levels. There are hand-jive dances people in wheelchairs can do because it's all hands and arms; there are line dance and folk dances that people can do without partners.

"And the health benefits are great. A woman in one of my classes checked her pulse rate and said it had gone higher doing social dancing than it had ever gone in her regular aerobic dance class. If you keep moving, dancing will give you the same benefit you'd get from any aerobic activity, plus it helps you tone up and brightens your mood."

Studies have shown that ballroom dancing can boost the cardiovascular system in the same way as more traditional aerobic activities—such as jogging and biking. "Even beginners can get an effective workout with ballroom dancing," says Steven Loy, Ph.D., co-director of the exercise physiology laboratory at California State University at Northridge. Several dances—including the waltz, cha-cha, and quick step—raise dancers' heart rates into the range recommended for cardiovascular fitness, according to research Loy conducted with physical therapist Maureen Parker.

People who dance continuously at a moderate intensity for 20 to 60 minutes, three to five times per week, will meet the American College of Sports Medicine's guidelines for aerobic fitness. And even those who dance vigorously for five or ten minutes, then rest, then dance again, will be doing a form of "interval training," says Dr. Loy, that carries significant cardiovascular benefit.

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Arnold Schwarzenegger obviously enjoyed waltzing to the Viennese songs of his homeland with *Post* editor, Cory SerVaas. He complimented the 45-piece waltz orchestra as well as the big-band-sound maestro whose band added nostalgic swing from the 40s and 50s. (Left) *Post* covers from decades past decorated the foyer and ballroom.

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The American Illustrators Hall of Fame

THE POST HITS THE ROAD

That annual summer holiday may be a bed of roses for some, but Post *cover artists picture the thorns that occasionally intrude.*

"Having wonderful time," they wrote on their postcards. "Wish you were here."

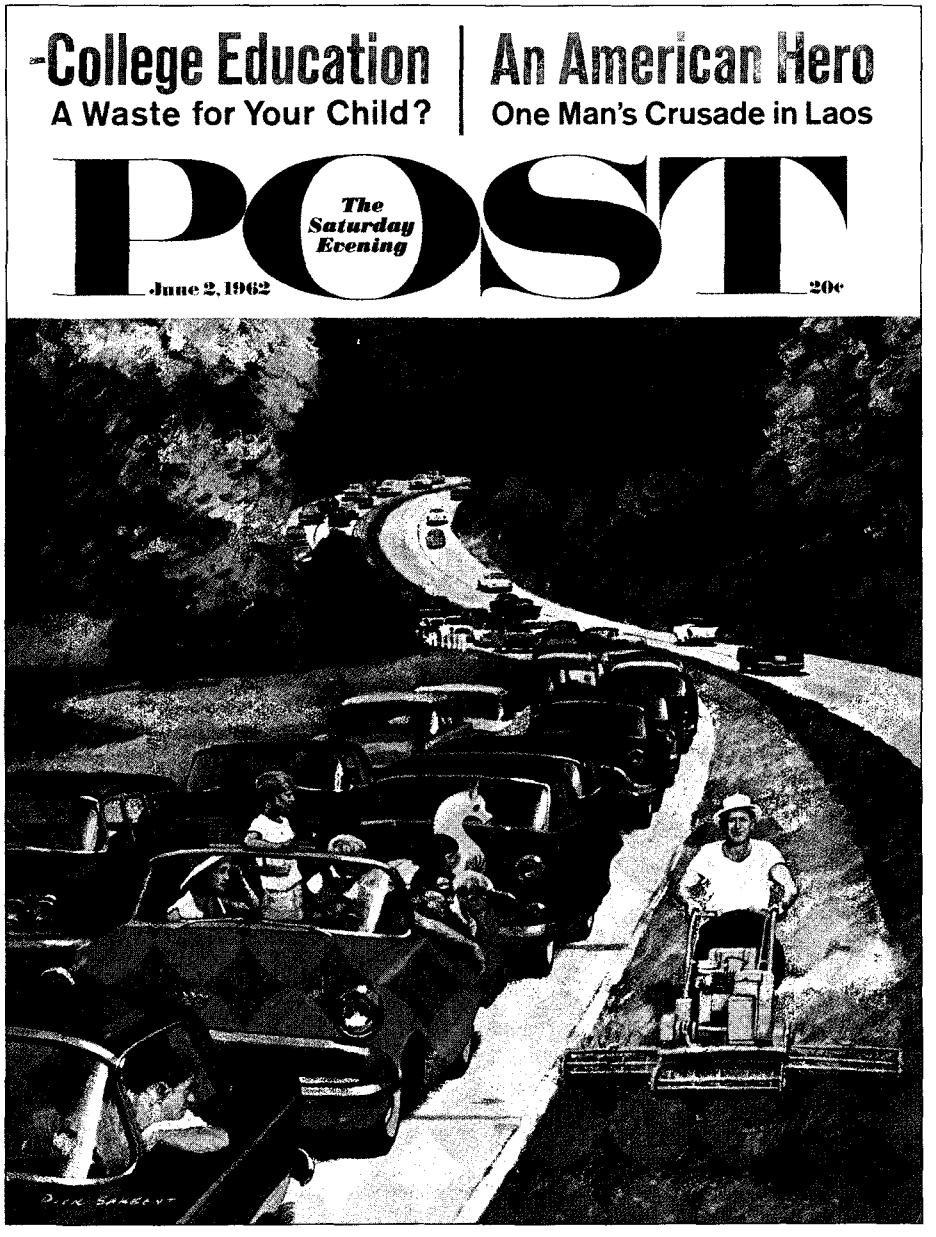
But over the years, *Post* cover artists showed us what really happened on those vacation trips.

Breathes there an American who has loaded his family into the old bus for a relaxing summer outing without encountering some if not all of the vexations presented here?

Leaving the pets . . . pleasing all of the kids all of the time . . . losing the way . . . heating the baby's bottle . . . turning the kids' eyes from their comic books to the scenery . . . and of course the ubiquitous traffic jam at the most popular tourist destinations.

The problems are all here, in living color. Some scenes you may remember from past *Post*s; some may bring back memories of ants at your own vacation picnics; all, we dare to speculate, will add enjoyment to your summer reading, be it on vacation or on the old couch at home.

—Maynard Good Stoddard



Cover artist Dick Sargent may here be updating the old expression, "Get a horse!" to "Get a lawn mower!" Perhaps there should be a law prohibiting a 5-horsepower lawn clipper from whipping past a line of 200-hp cars now traveling at 0 mph. At least it should be illegal for the fat cat on the mower to have that smirking expression of "Excuse my grass!" as he leaves the stalled vehicles in the dust—or the lawn clippings.

This one-day outing at the beach for mom and the kids while pop, imprisoned in a hot office, is swimming only in perspiration, as artist Steven Dohanos' painting suggests, may not be as unfair as it would first appear. Besides having to stop at a service station to inflate the confounded horse, mom also has charge of the sand buckets and shovels, the beach umbrella, suntan lotion, food and drinks to produce upon demand, and everything and everyone to round up for the drive back home in angry traffic. Perhaps the old man had a better day after all.

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THE SATURDAY EVENING
POST
AUGUST 20, 1949 15¢

BURT SHOTTON:
Brooklyn's Gentleman Bum

DOVER, DELAWARE

CAN ISRAEL SOLVE ITS PROBLEMS?

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The Saturday Evening
POST
July 18, 1953 — 15¢

Troubles of a Motel Keeper

THE BANKER WHO STOLE THE BANK

By Craig Thompson

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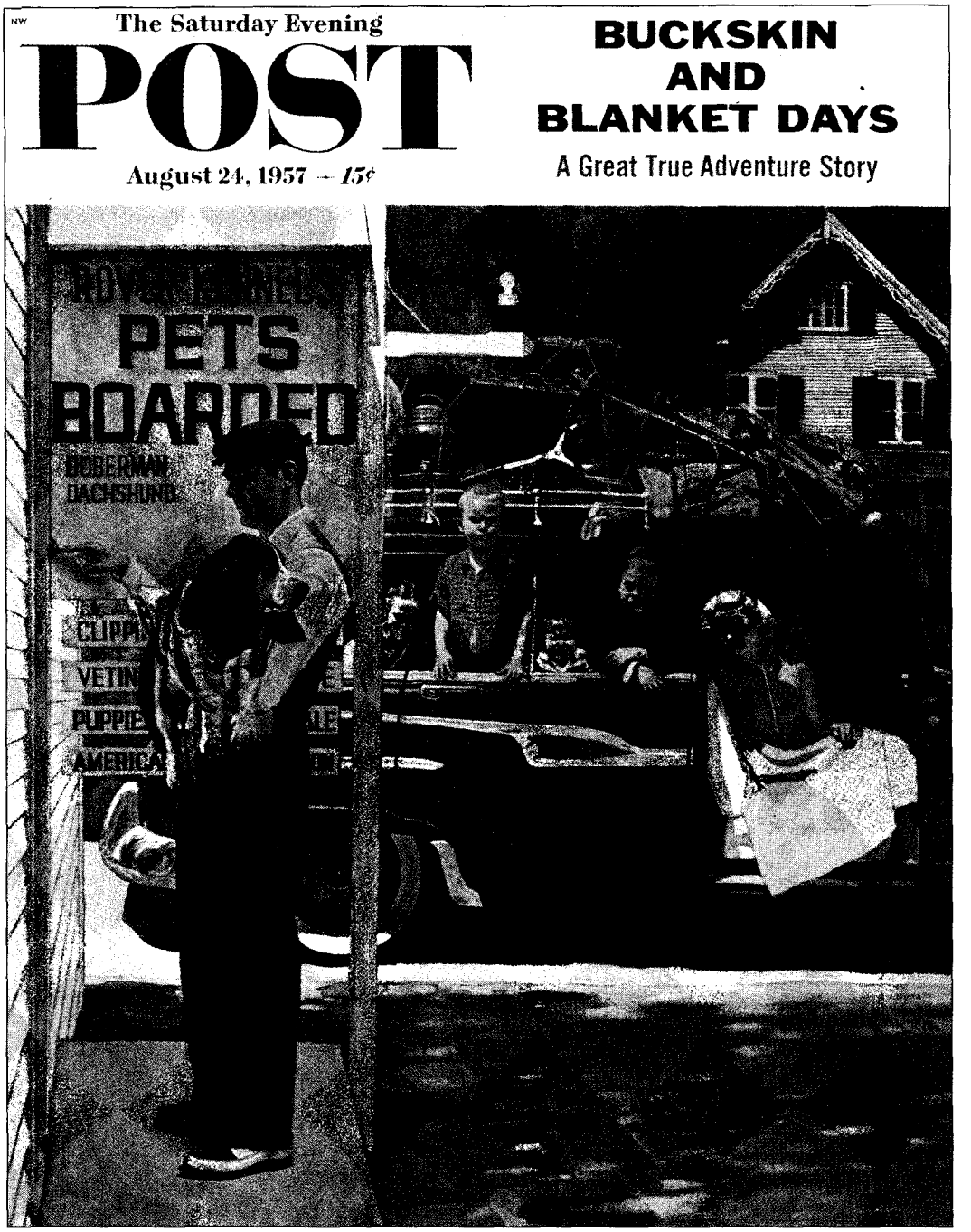

It has taken three days of jittery driving for dear old dad to reach the peak of the family's vacation pilgrimage—Point Lookout. And what are the kids more interested in looking at? The comic books they should have been looking at instead of moaning every other mile, "How much farther?" Artist Dick Sargent's *Post* cover of July 18, 1953, no doubt had many vacation-weary readers of that year saying to themselves, "Ain't it the truth!"

Not everyone in the household is thrilled about taking off on that anticipated summer holiday. Cover artist Earle Mayan reminds *Post* readers that Fido will not be among the rovers, but must spend the time penned in a doggie corral, no cat to chase, no doggie brawls to brighten the dreary days. Saddest about the situation is little Sally, who may not smile again—for all of ten minutes.

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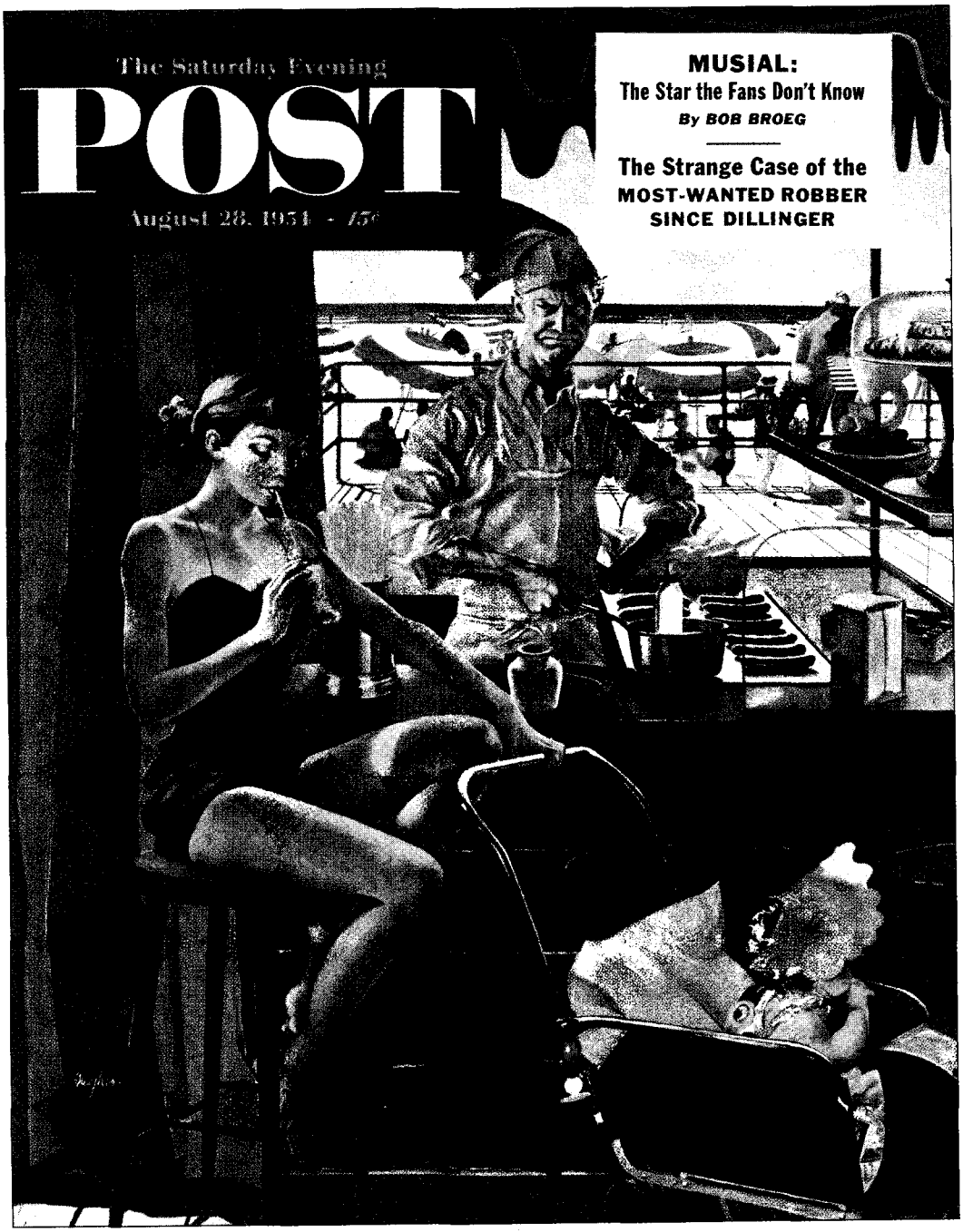

How to warm the baby's bottle at the beach except by sticking it in the hot sand? Cover artist George Hughes had a better idea: take it to the fast-food stand, smile at the hamburger turner, and then murmur helplessly, "How am I ever going to get my baby's bottle heated?" Had it been the baby's father asking, the answer might well have been, "Go stick it in the hot sand."

The wife perhaps said, "Let's take the shortcut, it won't be much farther." At least artist Amos Sewell has pictured the couple lost and asking directions of the man with the scythe. He is no doubt telling them to turn east just beyond the second creek, then hang a left at the old Smith house that is no longer there, and turn south just past the herd of black and white cows. If the poor lost souls end up back where the man is still scything, won't that send the couple into gales of laughter!

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The Saturday Evening
POST
July 9, 1955 — 15¢

DO YOU KNOW WHAT YOU ARE BUYING?
The Counterfeit-Goods Racket
By STANLEY FRANK

OKLAHOMA'S GOVERNOR TALKS BACK

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BOB DOLE SPEAKS OUT FOR EARLY PROSTATE CANCER DETECTION

Had it not been for the relatively new PSA prostate cancer test, the Kansas senator might very well be numbered among the 38,000 American men who die each year—often needlessly—from this dreadful disease.

by Cory SerVaas, M.D.

In 1986 we began our search for a celebrity who would do for prostate cancer what Betty Ford had done for breast cancer—have the courage to go public. Our effort began by asking Rose Kushner (a breast cancer patient) to write an article urging a nationally known figure to step forward. None did.

Now, six years later, we have found our prostate pin-up man—Senator Bob Dole, senior senator from Kansas and former presidential candidate. His celebrity qualifications can't be faulted. Moreover, he is persuasive . . . believable . . . articulate. . . optimistic . . . pragmatic . . . and a "people" person. He has (or *had*) prostate cancer. And he is willing to talk about it. He especially is eager to educate the men of America to the vital need for annual testing.

When I met Senator Dole in his office at the U.S. Capitol, he was as witty and dapper as ever. Except for the relatively new PSA prostate cancer test, he might now be numbered among the 38,000 American men who die—many needlessly and tragically—each year from prostate cancer. With early detection most prostate cancer patients could be saved.

A keen wit, a master of the understatement, a super communicator and negotiator, Bob Dole is a man in the right place at the right time to tackle a national tragedy—the high prostate cancer death rate among American men 50 and older.

Currently, interest is running high in the medical community for finding better ways to detect prostate cancer early in more men, before the cancer lesions spread beyond the prostate gland. The prostate-specific antigen (PSA) test can do this in many cases.

PSA, a glycoprotein, was first identified in 1971 in seminal plasma. It was named eight years later, when it was found to be specific to prostatic tissue. "PSA is now the most useful tumor marker available for diagnosing and managing prostate cancer," the *Journal of the American Medical Association* recently stated. "Its discovery represents one of the most significant advancements in the field of prostate cancer research in recent times."

The PSA test measures the amount of this specific protein produced by prostate cells. An elevated level of PSA can mean the presence of a benign growth of the prostate gland, commonly known as benign prostate hypertrophy (BPH). If the PSA is rapidly increasing or has increased recently, it may indicate an aggressive form of prostate cancer. Getting a baseline test is important so that an unexpected and ominous increase can be detected. Twenty-five percent of men with a PSA of 4 to 10 will be found by further testing to have prostate cancer. But 65 percent of men will be harboring prostate cancer if their PSA is more than 10. Not all prostate cancers, of course, are the aggressive type. Many may linger and just putter along, with the cells not actively dividing.

Before sitting down with Bob Dole, I already knew that his slightly enlarged prostate had been detected by Dr. Robert C. T. Krasner, the attending physician to Congress, during a routine physical. Because the patient had complained of frequent urination at night—a hallmark symptom of prostate problems—the doctor ordered a PSA. The test showed a protein level of 4.8 nanograms per milliliter, which is considered only slightly elevated.

Subsequent tests during the next two months showed the level still rising. After performing a biopsy, doctors found cancerous tissue, and the senator's prostate was removed in late December. Two weeks later he was back at work. We shudder to think how long Bob Dole's cancer might have grown before being detected by the digital rectal exam alone.

Thankfully, here he is now, ready, able, and most willing to talk to us about his prostate experience—and to

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"Every time I get up to speak to a mature audience now I say, 'Let me first make a little unsolicited commercial announcement about prostate cancer and early detection.' "

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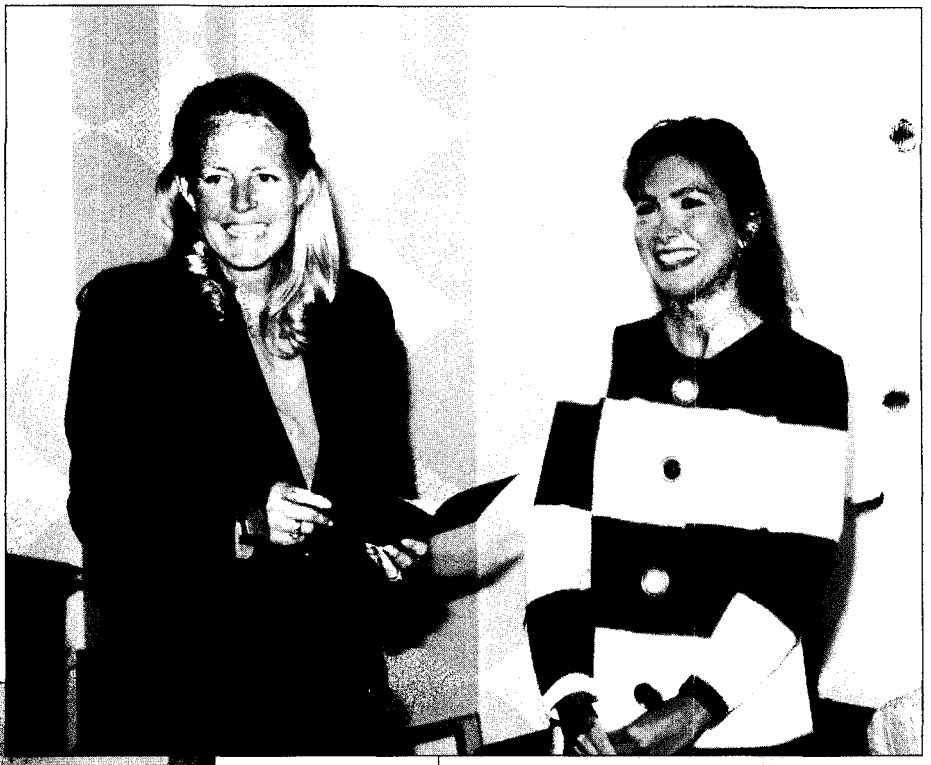

Vicki Stack (right) and the senator's chief-of-staff, Sheila Burke, work together to handle prostate cancer legislation along with the hundreds of letters and phone calls his office receives on the subject. Both are registered nurses.

The Bob and Elizabeth Dole super-partnership is legendary in Capitol circles. She dropped her cabinet post to help him run for the presidency and has recently performed miracles by quietly masterminding a much needed reorganization of the American Red Cross.

alert our readers to the dangers of taking a healthy prostate for granted.

Post: "Have you had calls from around the country from people who've been helped by your coming out about your prostate cancer?"

Dole: "I've had a lot of calls. When I went public at the hospital, I think there was some difference of opinion. Even my office staff thought maybe I ought to go out and do it quietly, but it seemed to me that you ought to tell people right up front you've got a problem, and if it's resolved, then they don't have any doubts about it. When I made this statement about prostate cancer, I had mail coming from all over the country—hundreds and hundreds of letters when I was in the hospital. And primarily from men (or their wives) who had been through this process. Some said, 'It's a piece of cake, don't worry about it. I'm out playing golf.' Or from others who have incontinence or impotence problems and who are sort of searching for help, wanting to know if I had any ideas.

"So it occurred to me (maybe you can make a plus out of a minus) to get busy and start contacting some of these people and learning more about it. So by now I must have made 300 or 400 phone calls to people across the country. I talked to them about it

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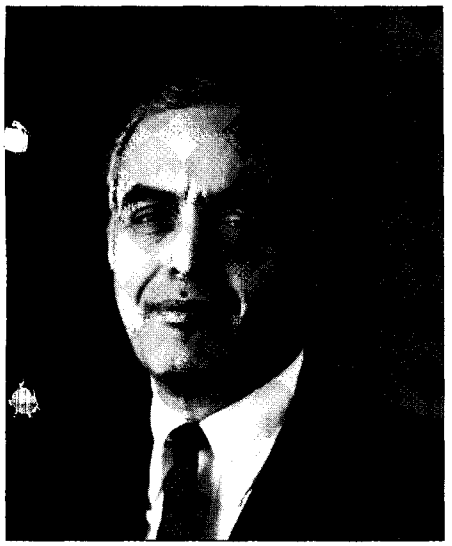
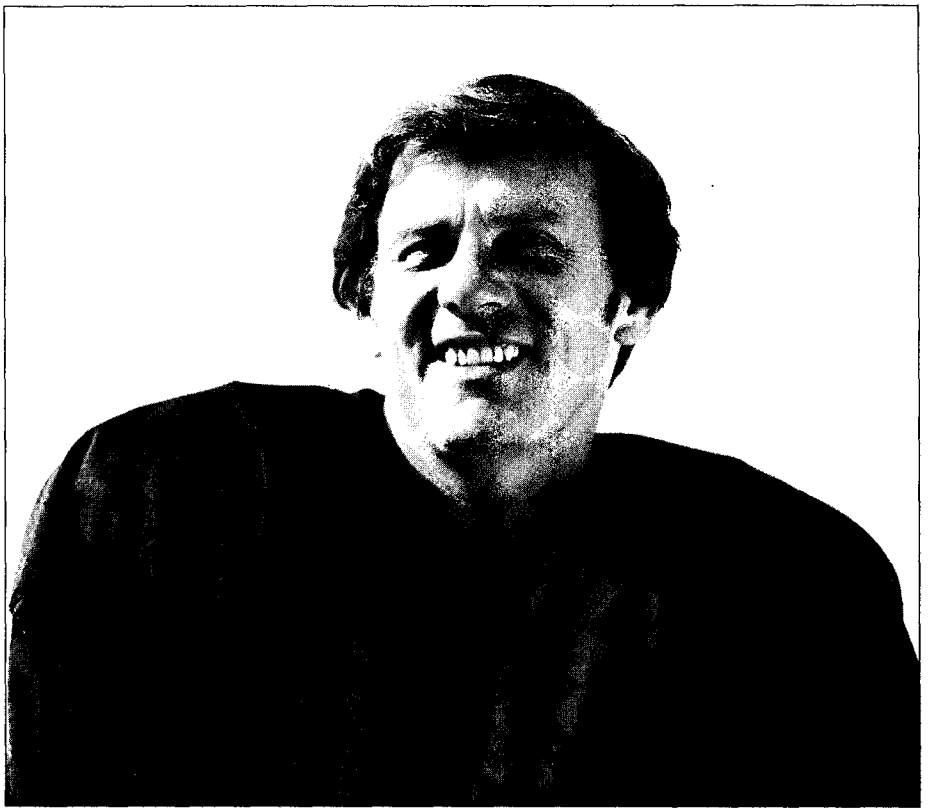
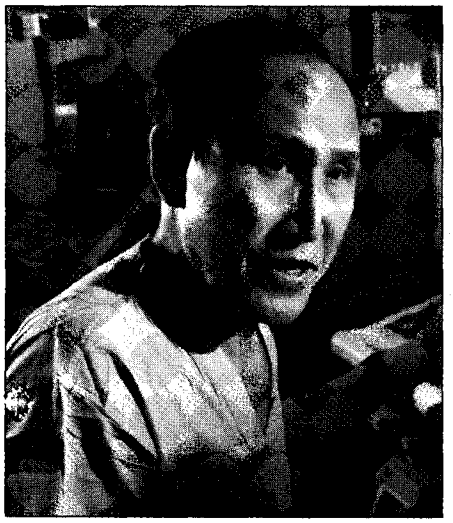


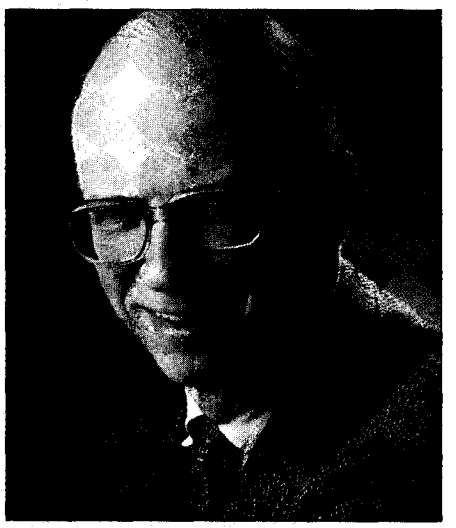
"Zero symptoms," remembers Robert Novak, syndicated columnist and co-host of the "Evans and Novak" TV interview program, relating how his prostate cancer came to light. "It was detected during a routine physical. My doctor ordered a PSA which came back elevated." Following surgery and careful follow-up exams, Novak is doing well and urges fellow colleagues to have the PSA test. "If you wait till symptoms arrive, it just may be too late."



Hall-of-Fame quarterback and television sportscaster Len Dawson, 56, recently joined the ranks of prostate cancer survivors. At his wife's insistence, he went in for a routine checkup and the cancer was discovered in its early stages. His prognosis, according to his doctors, "is full and complete recovery."



"The most important thing is early detection," says radiologist Dr. Fred Lee. Unfortunately, this was not the case for Dr. Lee himself. His cancer was caught quite by chance when he volunteered to be a guinea pig for an ultrasound equipment demonstration. His cancer had advanced beyond the prostate gland. Ever since, Dr. Lee has become the prostate patient's outspoken advocate for screening and early detection.



Like so many other men, *Washington Post* writer David Broder was totally unaware of the cancer that was growing inside him. His physician included the PSA in his annual battery of physical exams and discovered the abnormal PSA levels. Broder credits Senator Bob Dole's support and assistance as important to his recovery and is spreading the PSA message to all his friends. "I would have been blissfully unaware of the problem except for the PSA," Broder says.

What started as a routine annual physical may have been a lifesaving experience for Supreme Court Justice John Paul Stevens, 71. Thanks to the foresight of his physician, a prostate tumor was detected through the inclusion of a blood test for the prostate-specific antigen, or PSA. The mildly elevated PSA led to a biopsy. Because the cancer was detected early and confined to the prostate, Justice Stevens is back on the bench and optimistic about the future.

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A LAUNCHING AT THE DICK LUGAR HEALTH FAIR

In a mobile unit, free prostate screening (digital rectal and PSA exams) will be available for any males 50 or older. University of Kansas and Indiana University urologists will perform the exams.

The *Post*'s interview with Senator Dole concerning his prostate cancer scarcely had gotten off the ground before he began to amaze us with the amount of "homework" he had done on the subject. He told us that the University of Kansas Medical Center at Kansas City offers free monthly screening for prostate cancer and that the screening includes the PSA test. We called Dr. Mark S. Austenfeld, director of the program, who explained that the university hospital has a grant to offer the screening as a public service. He himself accepts no fee for the time he donates. Since starting the program three years ago, he has tested more than 3,000 men for prostate cancer using the digital rectal exam (DRE) and also the prostate-specific antigen test (PSA).

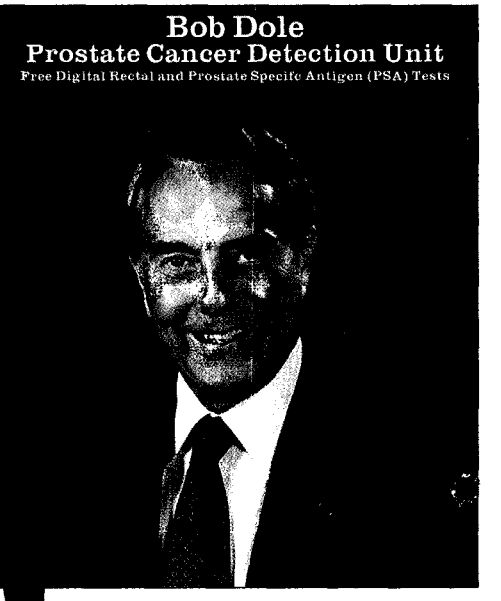
"The positive aspect of screening," Dr. Austenfeld said, "is that it attracts some healthy individuals who may have been somewhat negligent in their routine follow-ups. If they haven't seen their doctor for three or four years, they haven't had rectal exams for just as many years. Those are the persons you attract to a screening effort, and they are the ones you *want* to attract."

A practiced doctor can perform DREs quickly and efficiently at a rate of about one patient every four minutes, Dr. Austenfeld said. At that pace, you have to have a good phlebotomist to keep up, he added. The phlebotomist draws blood for the second part of the screening, the PSA test.

The DRE is slightly uncomfortable for the patient but absolutely necessary. This is the standard method of diagnosing prostate cancer. The doctor uses his gloved finger to feel for a hard lump. The patient has his blood drawn for the PSA either before or after the DRE.

The PSA test is important because it can detect cancers that normal digital rectal examinations miss. In one study 32 percent of cancers identified by PSA would have been missed by a digital rectal exam. In some populations PSA can identify approximately twice as many prostate cancers as DRE. On the other hand, DRE sometimes detects prostate cancers that PSA misses.

If cancer is found, and the prostate is removed, married life need not suffer. Advanced surgery techniques prevent impotence and incontinence. Men who may wish to have children in the future may have sperm frozen before



The Mammobile will be replaced by a much needed Malemobile. We have found our "Prostate Pin-Up Man," and our "Pin-Up" poster (above) will make its debut at this year's Dick Lugar Health Fair in downtown Indianapolis where free prostate exams will be offered to all men 50 and older.

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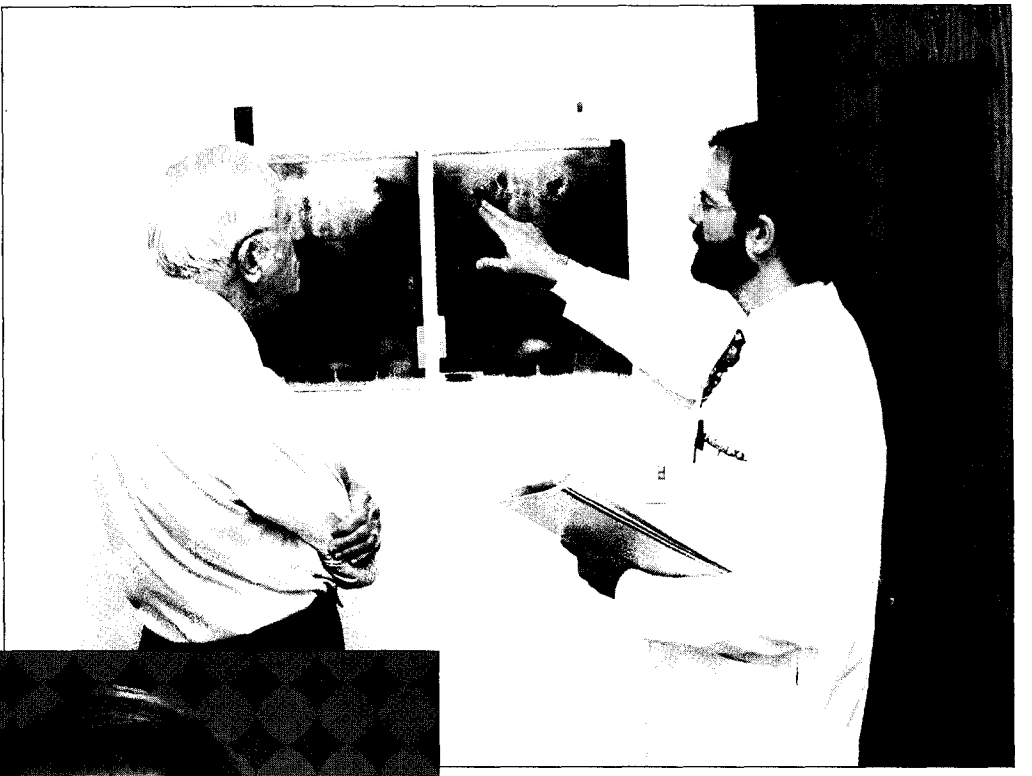
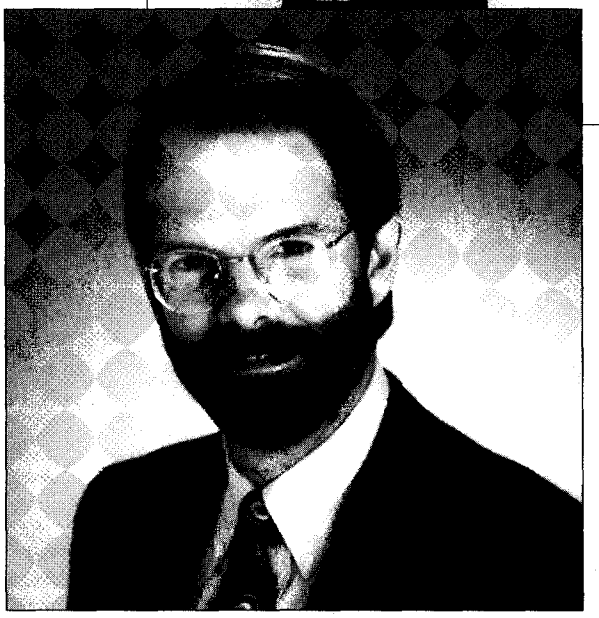
surgery and treatment.

If a patient shows normal on DRE and PSA, he's good for another year, Dr. Austenfeld said.

Approximately 11.5 percent of Dr. Austenfeld's screening patients have an elevated PSA of four or higher.

Kenneth Walkup, an Army retiree, went to Dr. Austenfeld's screening clinic last year after his regular Army physician noticed a slightly enlarged prostate. Walkup's PSA tested at 6.8. Ultrasound and a biopsy showed cancer. Since surgery, Walkup's PSA has tested zero. He went for his latest PSA test in July. "Since I had my surgery, I've noticed so many people have this [cancer]," Walkup said. "Even my minister just had surgery. Now I tell everybody I see, digital exam isn't enough, you have to have the PSA, too."





Dr. Mark Austenfeld (*above and left*), who is in charge of the free prostate cancer screening program at the University of Kansas Medical Center, will join Dr. Dan Salvas of Indiana University's famed urology department to launch the Bob Dole Prostate Cancer Detection Unit. The free program of testing men who volunteer will be a part of the annual Dick Lugar Health Fair in Indianapolis.

Despite the obvious benefits, PSA *screening* is controversial, and Dr. Austenfeld agrees that not all men with a new diagnosis of prostate cancer should be treated with radical prostatectomy or definitive radiotherapy. "No one would disagree that an otherwise healthy, productive individual in his mid-50s diagnosed with prostate cancer should be treated aggressively. On the other hand, a gentleman in his 90s who is otherwise immobile and suffering from concomitant illness would likely benefit little from aggressive treatment for localized prostate cancer. Our lack of understanding the behavior of this variable illness should not prevent us from utilizing cost-effective and safe means to improve our ability in early diagnosis.

"I am certain that many of the patients who were diagnosed early through prostate cancer screening are thankful and relieved that their cancer was found early.

"Prostate cancer curability is directly proportional to its earliest diagnosis," Dr. Austenfeld said. "Screening for the disease will certainly find it earlier; this has been demonstrated in several studies. It is my opinion that we cannot turn our heads and ignore our improving ability to diagnose the cancer. PSA and transrectal ultrasound of the prostate have allowed us to evaluate prostates early. Isn't it worthwhile to diagnose the cancer and then individualize treatment according to what we know about the disease and about the patient?"

The University of Kansas screening program has been "well received," he told us. "We will continue to do it. It's been a rewarding experience for us."

Dr. Austenfeld agreed to come to Indianapolis to head the staff of our Robert Dole Mobile Prostate Cancer Detection Unit at the Dick Lugar Health Fair—an annual citywide event promoting fitness and early screening and prevention of disease.

Dr. Austenfeld will bring copies of the questionnaire used in Kansas and work with urologist Dan Salvas from the Indiana University School of Medicine and other personnel from local hospitals and laboratories.

Dr. Dan Salvas is a protege of Dr. John Donohue who is nationally known as the urologist who helped discover the cure for testicular cancer. Dr. Salvas said, "We're very excited that prostate cancer research funding is rising this next year. There are a number of very good people in the field of prostate cancer research and a number of very good ideas that we are looking into. Funding in prostate cancer has been a low priority at the NIH for many years. While there has obviously been prostate cancer funding, the level of research support compared to the clinical problem has not gone together for several years."

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and sent them information. I did this not to try to tell them what to do, except to get their physical. I'm not a doctor. I'm not certain which test is the best, but certainly they should have the digital exam and maybe the PSA test, but again, that's up to the doctor. So I've sort of become the prostate pin-up boy, I guess, for the time being."

Post: "Well, we've known many people who, like you, have prostate cancer and who feel very strongly that we should be out doing more to prevent it and catch it early, but they don't have your name. The fact that they are speaking out about it doesn't get as much attention as when you speak out."

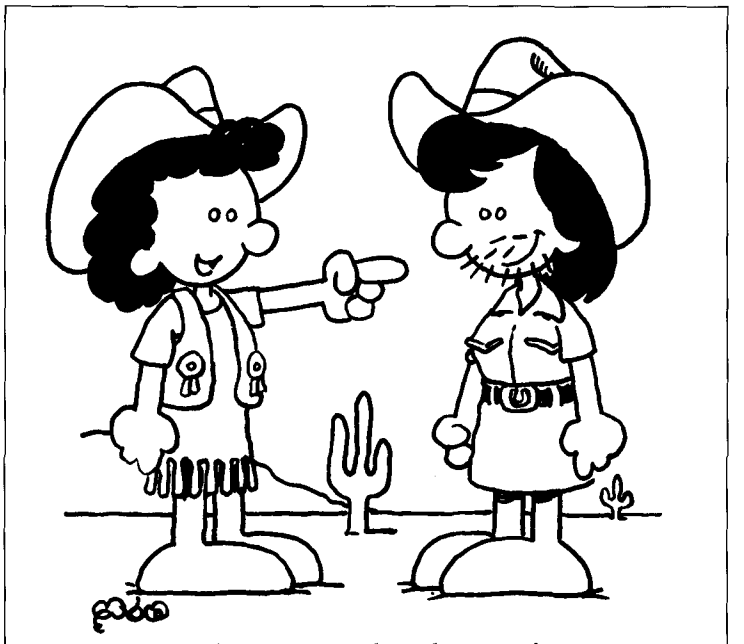
Dole: "But a lot of men in their own way are doing good missionary work. I've talked to people in my state. A Mr. Herman Feldman from Atchison, Kansas, has collected all the information he can find; he goes around and leaves it at hospitals and barber shops. So different people can do different things. Len Dawson, who was a famous quarterback for the Kansas City Chiefs, only 56 years of age, just had the operation a couple of months ago. He's indicated a willingness to be more active and to talk about it in that part of Kansas, Missouri, and Iowa, where he's well known.

"To get men to talk about it as Betty Ford talked about breast cancer, in my view is what should happen. We asked David Broder, 'Why don't you write a column about it? You've had the operation.' He says he's going to do it. Robert Novak of 'Evans and Novak' writes a lot of political columns and he's on TV a lot. We said, 'Why don't you go out and talk about it, alert people because you have credibility. You're somebody they recognize.' So, in any event, I think there are a lot of people doing a lot of good work, among them Senator Ted Stevens from Alaska, Senator Jesse Helms from North Carolina."

Post: "So you've got the ball rolling, really."

Dole: "So we've got it rolling, yes."

Post: "And because you're well known, and because we know your family, or feel like we do, we'd like to know what you would think of having a unit giving free digital rectal exams to men off the street, at events like the Dick Lugar Health Fair. Men 50 and older—they're the ones who need it. When we did this kind of free testing for AIDS, we got results by calling attention to the need. And when we offered free mammograms we got results. The men would be told to see their own doctors, of course, if the digital rectal exam showed anything suspicious. . . . This is what we would undertake to do if you agree. We'd honor you by putting your name to it."



"So, the stories I've been hearing about you and Cactus Pete are true."

Dole: "If it would help people, I'd be very honored to do it, of course. . . . Because the name of the game, as you know better than I, is early detection, whether it's breast cancer, or any kind of cancer. . . . I think anything that alerts people [is important]. We talk about health care and what we're going to do with a big health-care plan. We've got to alert people that we have opportunities now to take care of them and take care of their problems. They've got to want to do it and they have to come in and have the examination. I've been told, and you probably know, that only about 20 percent of men get annual physicals."

Post: "Right, and blacks have twice the incidence of prostate cancer."

Dole: "That's what I've heard from black men who say, 'Well, I'm glad you mentioned that,' and 'I've had my physical,' and so everybody ought to be alerted to it."

Post: "Absolutely."

Dole: "And if you save 10, 15, 20, 30 people, if there are 34 to 40 thousand who die each year of prostate cancer, there's a lot of work to be done on early detection. Every time I get up to speak to a mature audience now, I look out and see if half or more are men. If some have a little gray hair, I know they're in their 50s or 60s and maybe even in their 40s. I say, 'Let me first make a little unsolicited commercial announcement about prostate cancer and early detection,' and I've had people say, 'Well, you at least got my attention and I went and had my PSA test.' So whenever I have a chance to speak, I don't want to bore anybody with all this stuff but it's in their interest. I've already had mine."

Post: "You could do a tremendous good if you got involved, I believe, and I don't know what your level of interest would be, but I understand that the PSA test kits now cost the hospital about $10, but if we did all of the men who need it done, we could bring that cost down."

Dole: "I think the National Cancer Institute has a little different view though."

Post: "Why? They don't want to get . . . ?"

Dole: "They want to do a 16-year study first."

Post: "No, no, no. We don't want all those men to die. They'll be dead by then."

Dole: "That's about a half million as I calculate. But we've had them in this office along with Dr. Pat Walsh who is the preeminent surgeon on prostate surgery. He has the other view. He thinks early detection, PSA tests, digital exam, are very important."

Post: "You stay on our side."

Dole: "Yes, well, we're pushy. I mean, it seems to me that's a long time to wait and maybe the PSA test

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is not perfect. Some doctors don't recommend it. I've had people call me and write to me and say, 'What am I going to do? My doctor says I don't need a PSA test.'

"I don't want to get into a contest with some local doctor in Hutchinson, Kansas, or wherever, but I talk to them and say, well, I'd go see someone else. Go see a urologist."

Post: "Yes, a phlebotomist can draw blood for a PSA test."

Dole: "A lot of people have high PSAs and no cancer."

Post: "That's right. It could just be a benign enlarged prostate."

Dole: "Or an infection."

Post: "Right, but we could get the price down and I think people in commerce like my husband, or your wife [Elizabeth Dole at the Red Cross], and other people who see industrialists all the time could certainly persuade the manufacturers and the labs to get the price to where everyone could afford a PSA blood test."

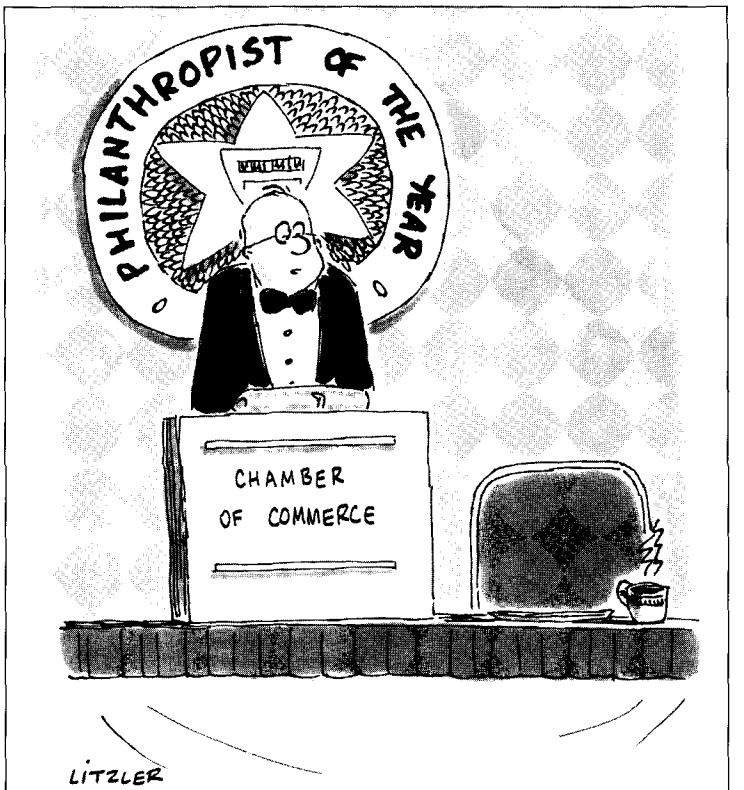
Dole: "That's another problem. I said the average price was $31, on the Larry King show, I think, and I had a lot of letters saying that it cost $62.50 or whatever."

Post: "But someone has to uncover all these problems."

Dole: "Some people say, 'Well, you get all these things free, Senator; I have to pay for mine.' That's not the case. We have insurance here. We pay our insurance like anybody else and then I have some benefits for being a wounded veteran, but the important thing is to get the word out to people regardless of their status, regardless of their economic status or anything else, they ought to be careful."

Post: "Well, you're the best communicator we have and you have Vicki Stack on your staff who is an R.N. by training and that is very fortuitous, and I think that what I see in you is the Arnold Schwarzenegger of prostate cancer prevention. You know we weren't going very far in the President's Council on Physical Fitness and Sports until we got Arnold Schwarzenegger, and now it's nationwide. We're working with AARP (American Association of Retired Persons) and with the AAHPERD (American Alliance for Health, Physical Education, Recreation and Dance) and all of the organizations because he's a good communicator as you are. We congratulate you on what you've done for prostate cancer already."

Dole: "On May 12, I had the honor of addressing the annual meeting of the American Urological Association, an event in Washington attended by thousands of urologists. I told them that I was happy to be there as one of those Americans who was a beneficiary of early detection and good care—and I thanked them. So did Senator Ted Stevens, who has also made a great recovery and who is very articulate and very dedicated to helping get the word out. Senator Jesse Helms of North Carolina had radiation for his prostate cancer."



"... many of you are thinking I simply bought this award."

Post: "You haven't needed radiation?"

Dole: "No, I don't want any. I want to say it's over."

Post: "Finished!"

Dole: "Finished. We had this meeting about three weeks ago, USTOO, a support group, and I asked for a show of hands how many have had surgery and how many have had radiation. Some guys said, 'What about both?' A lot of those guys have had both; they had the surgery, or radiation and then surgery, so I'm one of the lucky ones so far."

Post: "Stick to your guns. Since we don't have enough money for everything, we believe that the medical profession should place more emphasis on prevention."

Dole: "Well, not that we're trying to do it by comparison, but we spend about $2.1 billion on AIDS research, which is very important, and maybe that's fine. We spent $24 million on research for prostate cancer, which kills about the same number of people a year. We've increased that to $100 million at least. We don't have the money yet, but we have an authorization. We only spent about $120 million I think for breast cancer. So we need to take a look at our priorities."

Post: "These causes have celebrities and so the squeaky wheels . . ."

Dole: "And I don't want to fault them, it's great, but I think we ought to take a look at what's the number one cancer killer: lung cancer. And number two for men is prostate cancer, so we should at least look at priorities and say, well, we ought to focus more on this or that."

Post: "I think Dr. Louis Sullivan [Secretary of Health and Human Services] will be very much in favor of having this campaign start now, and you're our spokesman, you're our Arnold Schwarzenegger of the crusade."

Dole: "I keep telling these guys, I said one out of eleven, right? You look at all ages, but when you're over 50, it's one out of three and I assume when you get over 60 it's even one out of two-and-a-half so it's not a very big group if you find three men . . . In this room there are five men and I've already had it, and one of these guys is going to get it, so it's something they ought to take care of when they get older. They're all too

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young now."

Post: "Well, it's increasing in prevalence."

Dole: "And heredity is a factor too, right? That's an indication we've received."

Post: "Yes, so that if you were doing screening out in the mobile units, if you had to choose, you'd do digitals on all of them but PSAs on only those men who have had a history of it? But I hope we can increase the demand and get the cost of the kits down so that it will be cost effective to screen all men over 50."

Dole: "The University of Kansas Medical Center, for example, has a grant, and they do PSAs free twice a month. Now that's in that area, and some of our smaller hospitals in Kansas during, I think it's National Prostate Cancer Awareness Week in September, screen for prostate cancer."

Post: "I want to ask you something. If we did a big Saturday Evening Ball in Kansas somewhere, we'd write to all of our subscribers in Kansas and tell them we're going to have a Saturday Evening Ball, a Robert Dole Prostate Cancer Prevention Ball to support prostate cancer research—would you come and dance?"

Dole: "Do I have to dance?"

Post: "You have to."

Dole: "Elizabeth likes to dance. I'll just have her dance and I'll watch her."

Post: "Arnold Schwarzenegger came to Indianapolis for the first Annual Saturday Evening Ball for the President's Council. He came to launch our campaign for senior citizen fitness through exercise."

Dole: "Did you have a big crowd?"

Post: "Well, we didn't sell tickets. It had to be by invitation or we would have been overrun, because they all wanted to dance with Arnold."

Dole: "Oh, I see, yes."

Post: "He's chairman of the President's Council on Physical Fitness and Sports, but you see we would do this with you for the Second Annual Saturday Evening Ball. You could be the featured celebrity. Our Poster Pin Up."

Dole: "They can dance with Arnold and I'll make the speech."

Post: "You'll be getting an invitation to the Ball."

* * *

Following our interview with Dole, we talked with Robert Novak and David Broder about their prostate cancer experiences. Robert Novak of "Evans and Novak" and writer for *Chicago Sun-Times* had prostate surgery in May of 1991. We asked him if he had experienced any symptoms.

Novak: "No symptoms. Zero symptoms. It was detected during an annual physical. My doctor ordered a PSA which came back elevated. Still there were no symptoms whatsoever. We took a second PSA to make sure they were right; they were. Finally, I had the operation. Not only was the prostate malignant, but they termed it progressive. There's a term that they use to describe the progression, but it's a number. I believe that mine was very high. I ended up seeing a couple of other doctors, but the prostate was removed by Dr. Pat Walsh at Johns Hopkins. He flies all over the country to perform this type of surgery."

Post: "Do you speak out now about the need for PSA?"

Novak: "I have my own private campaign going, telling my story to my colleagues in order for them to get checked. Several have taken my advice, but luckily none has repeated my experience."

Post: "Do you plan on writing about this in the future?"

Novak: "It's not really my type of story. Maybe I'll write in the future. There have been several journalists who've had similar experiences. David Broder just had his prostate taken out. He's doing fine."

Post: "So, you are all for taking the PSA and preventive screening?"

Novak: "Absolutely. If you wait till symptoms arrive, it just may be too late."

David Broder, the *Washington Post* syndicated columnist, told us how Senator Dole had helped him during his illness.

Broder: "Senator Dole was enormously helpful and supportive of me. We talked four or five times during the process and he was really terrific."

Post: "How was the problem detected?"

Broder: "During an annual physical. Shortly after Thanksgiving, I went for my annual physical which I have been having for years, but this year my doctor added the PSA to his annual battery of tests. The first PSA test result came back elevated, so he ordered another test—the same results came back on the second test. He directed me to a urologist who performed a biopsy. The results were positive, so I had the surgery on April 9 and returned to work four weeks later."

Post: "Did you have any symptoms?"

Broder: "No symptoms. I would have been blissfully unaware of the problem except for the PSA."

Post: "And now you are a proponent of PSA screening?"

Broder: "Absolutely, I have been spreading the message around to all the old geezers I know. . . . Again, Senator Dole has been absolutely terrific to me throughout my ordeal, and he is very important for other prostate cancer victims in forming support groups and going public about his disease."

"Mommy, do I really have a furry godmother?"

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GETTING YOUR LAWN IN ORDER

Having a good-looking lawn is now easier, thanks to exciting new grass cultivars developed in the last 10 years.

by Warren Schultz

I admit it. I love my lawn. I know that's not a politically correct posture in these days of xeriscaping, low-input landscaping, and environmentally acceptable guilt. Mea culpa, but I love watching the grass color up in the spring. I love gazing out over the emerald aisle rolling up to our pond. I love rolling in the grass with my kids. Heck, I even like mowing it.

To me, there's something strangely calming about the mowing ritual. As it engages all my senses, it transports me to another consciousness. Best of all is the soothing smell of bruised chlorophyll escaping from the freshly cut blades. But there's also the comforting hum—all right, roar—of the mower that blocks out all sound, and the muscle-relaxing vibration through the handles. With my eyes focused on a distant spot that's never reached, I march slowly in an ever-tightening, trance-inducing spiral to the center of the lawn.

With the proper grass variety planted in his yard, a lawn owner can have it made in the shade as well as in the sun and in heavy traffic areas.

Maybe my lawn love is a personal escape. Maybe it's more than that. At least one ecologist has theorized that the love of lawns is in our genes. The theory is that the lawn evokes a comforting primal memory of the surroundings where our species was born, the African savannah with its short grass and scattered trees.

Perhaps I'm romanticizing my simple patch of *Poa pratenis*. But the lawn bashers are overreacting, too. The American lawn is not the environmental villain that some writers have made it out to be. First, when people tout trees as greenhouse effect beaters, they forget that turf grasses perform exactly the same function. To a lesser degree than trees certainly, but they convert more carbon dioxide to oxygen than do mulch or paving bricks, that's for sure.

The main complaint against lawns is that they are water hogs. Not true, says turf expert Dr. James Beard. He maintains that there is no evidence to show that trees and shrubs use less water than turf. In fact, studies have shown that a six-foot tree has three times the evapotranspiration rate (and therefore uses three times the water) of the Bermuda grass growing beneath its canopy.

That's not to say that lawns can't be major offenders, sucking up too much water, fertilizer, and pesticides. But home lawns can prosper without water and chemical indulgence. Those are just shortsighted responses to problems caused by trying to grow the wrong grass in the wrong place. And there's no excuse for that anymore. There's been an explosion of new turf grass cultivars over the past 10 years that make getting your lawn in order an easy prospect.

Here's a look at some of the common situations encountered by lawn owners and the turf species that can best deal with them.

▶ **HEAT AND DROUGHT:** If you spend any time at turf conferences or hanging around in the groundskeeper's lounge, you're bound to hear a mantra of four words repeated over and over: Turf Type Tall Fescue. This new miracle grass has rocketed out of nowhere to become one of the major players in the turf world. From humble beginnings as a pasture grass, turf type tall fescue has undergone a major makeover. It looks good and grows thickly, but even more impressive is its vigor under difficult conditions. Tall fescue's fast- and deep-growing roots enable it to withstand heat and drought better than all northern grasses. In most parts of the cool-

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The pleasure of a lawn lies not only in how it looks; mowing a lawn on a sunny afternoon provides exercise, plus the enjoyable fragrance of freshly cut grass.

season grass area, tall fescue can make it through the summer without any supplemental water. Recommended varieties include Arid, Falcon, Houndog, Mustang, Rebel II, and Titan.

In the South, the best heat-and-drought-buster is still the old standby, Bermuda grass. It's rugged and as vigorous as a weed—should Bermuda grass creep into your perennial bed, you'll understand the definition that a weed is a plant out of place. Try the new improved Bermuda grasses such as U-2, Cheyenne, Sahara, Guymon, and Tiflawn.

There's good news for those trying to beat the heat in transition areas and the dry Southwest. Buffalo grass, a native of the prairie states, is making waves with its heat and drought tolerance. A great low-maintenance species that doesn't require much mowing or fertilization, buffalo grass's main drawback is that it's very expensive. Improved varieties include Texoka, Prairie, Sharp's Improved, and NE 84-609.

▶**SHADE:** If there is one problem that plagues lawn owners more than any other, it's shade. Grass needs light to grow vigorously enough to cover the soil, crowd out weeds, and resist diseases. Fortunately, there are some types that actually thrive in relatively shady conditions. This time the honors go to the fine fescue family, which includes chewing, creeping, hard, and sheep's fescues. Shade-tolerant varieties include Aurora (hard), Bighorn (sheep's), Shademaster (creeping), Jamestown II, and Shadow (chewing).

In the Deep South, Bahia grass is made for the shade. Best varieties are Argentine, Paraguay, and Wilmington. Because Bahia grass is killed by temperatures below 20° F, southern lawn owners in cooler areas should use centipede grass (including Oaklawn and Tennessee Hardy) in shady areas.

▶**HEAVY TRAFFIC AREAS:** There are no "Please keep off the grass" signs on the home lawn. It's meant to be used—and is often abused—by pets, kids, and partiers. For a lawn that can stand to be lived on, your best choice is once again turf type tall fescue .

Zoysia grass is so tough it's been known to hasten mower blades along on their way to the junk heap. That's just the kind of quality you want in high-traffic areas in the South.

▶**WEEDS:** Grass selection really pays off when it comes to weed control. Weeds thrive in spotty, thin turf. They have a hard time getting a foothold in thick stands of sod. To build a thick, weed-proof lawn, you have to match the grass to the conditions. Take the time to inspect your lawn, identify problem spots, and determine if they're caused by any of the above conditions. If they are, replace your turf with the proper grass type and you're well on your way to a lush, easy-care lawn. One that you may even grow to love.

About the Author: Warren Schultz is editor in-chief of National Gardening *magazine.*

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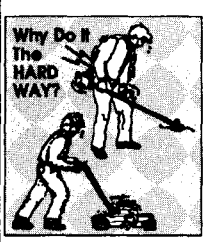
-Tom Lawrence, Somerville, NJ



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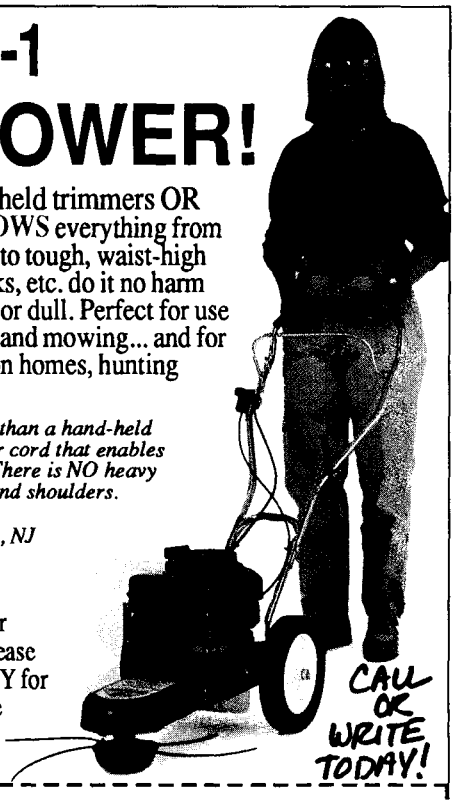

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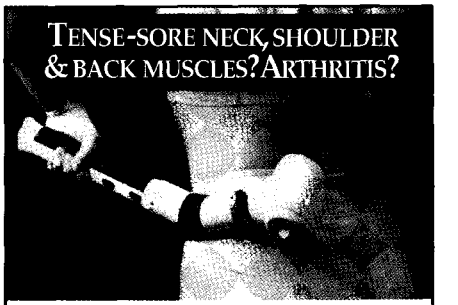

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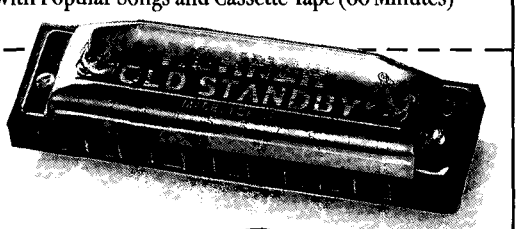

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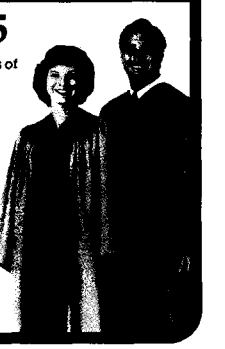

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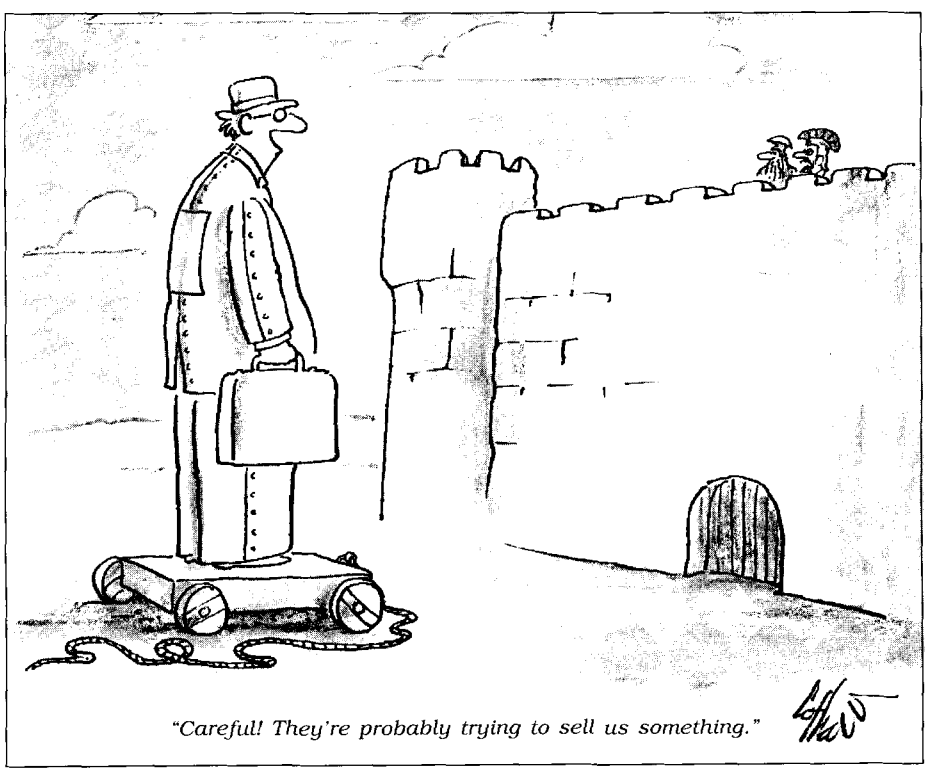

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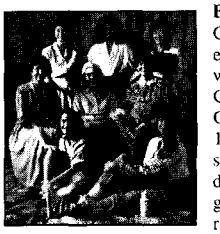

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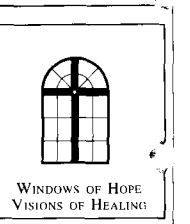

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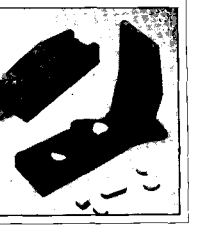

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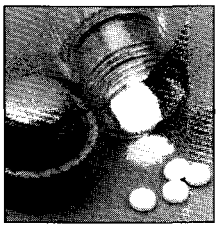

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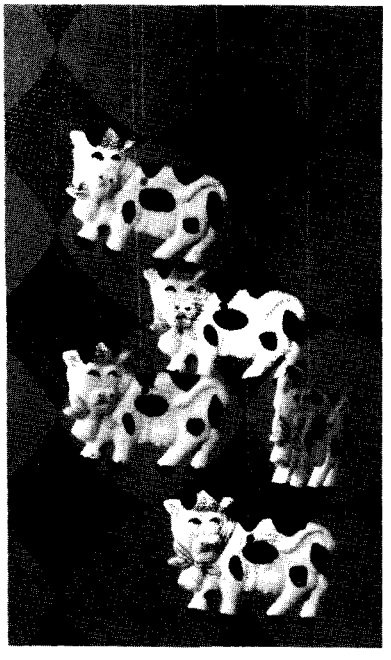

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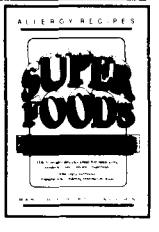

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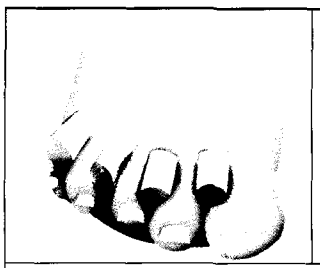

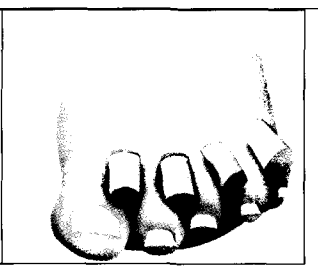

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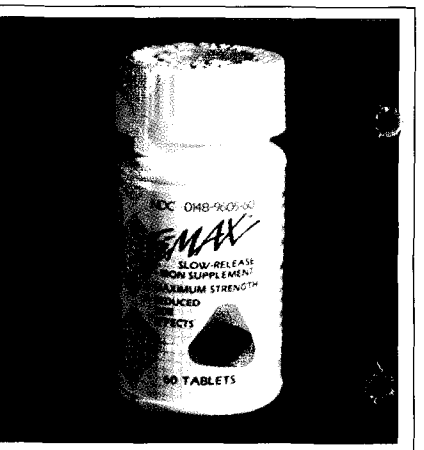

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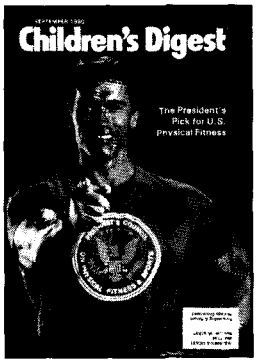

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Broccoli

continued from page 25

other layer of cooked broccoli. Mix 10-ounce can of low-sodium cream of chicken soup with ⅓ cup water. Heat and pour over broccoli and sprinkle with 2 to 3 tablespoons grated Parmesan cheese. Bake in preheated moderate oven (375° F.) 20 to 30 minutes.

Per Serving (about 1 cup):
Calories: 131 Sodium: 174 mg
Protein: 16 gm Cholesterol: 42 mg
Fat: 5.3 gm Carbohydrate: 4.9 gm
Diabetic exchanges: 1 vegetable + 2 lean meats

Fresh Broccoli with Cheese Sauce

(Makes 6 servings)

1 bunch fresh broccoli (about 1½ pounds)
1 tablespoon margarine
2 tablespoons flour
1 teaspoon onion & herb seasoning
¼ teaspoon pepper
1½ cups skim milk
1 cup shredded low-fat taco or low-fat cheddar cheese

Wash broccoli and remove large leaves and tough part of stalks. Separate into flowerets. Place broccoli in large saucepan with 1 inch boiling water. Cover. Cook 10 to 12 minutes, until crisp-tender. Drain. Meanwhile, melt margarine in saucepan over medium heat. Stir in flour and seasonings, blending well. Stir in milk and cook, stir constantly, until sauce thickens and comes to boiling. Add cheese; stir until cheese melts and sauce is smooth. Serve sauce over broccoli.

Per Serving (½ cup):
Calories: 149 Sodium: 199 mg
Protein: 11.8 gm Cholesterol: 14 mg
Fat: 5.7 gm Carbohydrate: 12.5 gm
Diabetic exchanges: ½ bread + 1 vegetable + 1 medium fat meat

Fresh Broccoli, Tuna Fish, and Cheese Bake

(Makes 6 servings)

1 small bunch fresh broccoli
6½ ounces water-packed tuna fish, flaked
Cheese Sauce
½ cup dry bread crumbs

Wash broccoli, cut off tough portion of stalk, and place in a saucepan containing 1 inch boiling water. Bring to boiling point, uncovered, and boil 5 minutes. Cover and cook until tender, 5 minutes. Place half broccoli in 9 x 5 x 3-inch baking dish. Top, in alternating layers, with tuna fish and 1 cup of Cheese Sauce. Cover with remaining broccoli and pour remaining Cheese Sauce over all. Top with bread crumbs. Bake in moderate oven (350° F.) 25 minutes or until top browns.

Cheese Sauce:
2 teaspoons margarine
¼ cup flour
2½ cups skim milk
1 teaspoon salt-free garlic blend seasoning
¼ teaspoon ground black pepper
3 ounces grated low-fat Swiss cheese (about ¾ cup)

Melt margarine in saucepan. Blend in flour. Gradually stir in milk. Cook until of medium thickness, stirring constantly. Stir in seasonings and cheese.

Per Serving (¾ cup):
Calories: 201 Sodium: 382 mg
Protein: 19.3 gm Cholesterol: 24 mg
Fat: 4.9 gm Carbohydrate: 19.9 gm
Diabetic exchanges: 1 bread + 2 lean meats

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The Winning Edge

continued from page 16

1½ tablespoons chili powder
Juice of 2 limes
1 purple onion, diced
1 can (⅓ cup) water chestnuts, drained
1 can (2 cups) kidney beans, drained
1 can (2 cups) pinto beans, drained
6 ounces salsa
1 tablespoon oil
1 bell pepper, diced (about 1 cup)
2 tomatoes, chopped (about 1½ cups)
1 garlic clove, minced

Mix all ingredients together and chill for at least 2 hours.

Per serving (1 cup):
Calories: 208 Sodium: 37 mg
Protein: 10.8 gm Cholesterol: 0 mg
Fat: 2.7 gm Carbohydrate: 35.1 gm
Diabetic exchanges: 2 bread + 1 vegetable + ½ medium fat meat

Salsa:
2 large onions, chopped (2-3 cups)
2 Jalapeno peppers, chopped
2 carrots, grated
2 cans (4 cups) tomatoes, diced
¼ cup wine vinegar
1 bell pepper, chopped (about 1 cup)
2 garlic cloves, crushed
2 cans (1½ cups) low-salt tomato puree
½ cup apple juice

Mix all ingredients together. Simmer over low heat until you achieve the desired consistency. Chill before serving.

Per serving (½ cup):
Calories: 26 Sodium: 32 mg
Protein: 0.8 gm Cholesterol: 0 mg
Fat: 0.2 gm Carbohydrate: 5.2 gm
Diabetic exchanges: 1 vegetable

♥ ♥ ♥

Vegetarian Casserole
(Makes 6 servings)

1 cup brown rice, uncooked
2 garlic cloves, minced
1 cup chopped onion
1 cup chopped zucchini
1 cup chopped bell pepper
½ teaspoon oregano leaves
⅛ teaspoon pepper
2 cups chopped, peeled tomatoes
1 can (2 cups) kidney beans
2 ounces grated low-fat mozzarella cheese

Cook rice as directed on package omitting salt. In large non-stick skillet, steam onion and garlic in small amount of water until onion is tender. Add zucchini, bell pepper, oregano and pepper; cook vegetables until tender-crisp; about 5 minutes. Add tomatoes and beans; cover and heat thoroughly. Spoon hot rice onto serving platter. Spoon vegetable mixture over rice; sprinkle with cheese.

Per serving (1½ cups):
Calories: 208 Sodium: 58 mg
Protein: 8.2 gm Cholesterol: 5 mg
Fat: 2.5 gm Carbohydrate: 38 gm
Diabetic exchanges: 2 bread + 1 vegetable + 1 lean meat

♥ ♥ ♥

Creamy Chicken and Rice
(Makes 6 servings)

1½ pounds chicken breast, skinned
6 cups water
1 6-ounce package long-grain and wild rice
1 4-ounce can sliced mushrooms, undrained
½ cup chopped onion
1 tablespoon margarine
¼ cup flour
1½ cups evaporated skim milk
¼ cup diced pimento
¼ teaspoon pepper

Place chicken and water in large pot; cover and bring to boil. Reduce heat and simmer 25 minutes or until chicken is done. Remove chicken from broth; reserving 1 cup of broth. Chill reserved broth. Bone chicken and cut into bite-size pieces; set aside. Prepare rice mix according to directions. Set aside cooked rice. Drain mushrooms, reserving liquid. Sauté onion in margarine in large saucepan until tender. Stir in flour and cook 1 minute, stirring constantly. Skim congealed fat from surface of chilled broth. Add broth, mushroom liquid, and milk to flour mixture. Cook over medium heat, stirring constantly, until mixture is thick. Stir in chicken, rice, mushrooms, pimento, and pepper. Spoon mixture into 2-quart casserole and bake at 350° F for 25-30 minutes or until thoroughly heated.

Per serving (1 cup):
Calories: 330 Sodium: 152 mg
Protein: 40 gm Cholesterol: 82 mg
Fat: 5.7 gm Carbohydrate: 27.1 gm
Diabetic exchanges: 1 bread + 1 skim milk + 4 lean meats

To order, send $11.00 (includes shipping and handling) to: The Sporting Heart Cookbook *c/o The National Institute of Fitness and Sport 250 North University Boulevard, Indianapolis Indiana 46202 (317-274-3432).*

"Who knows what evil lurks in the hearts of men?"

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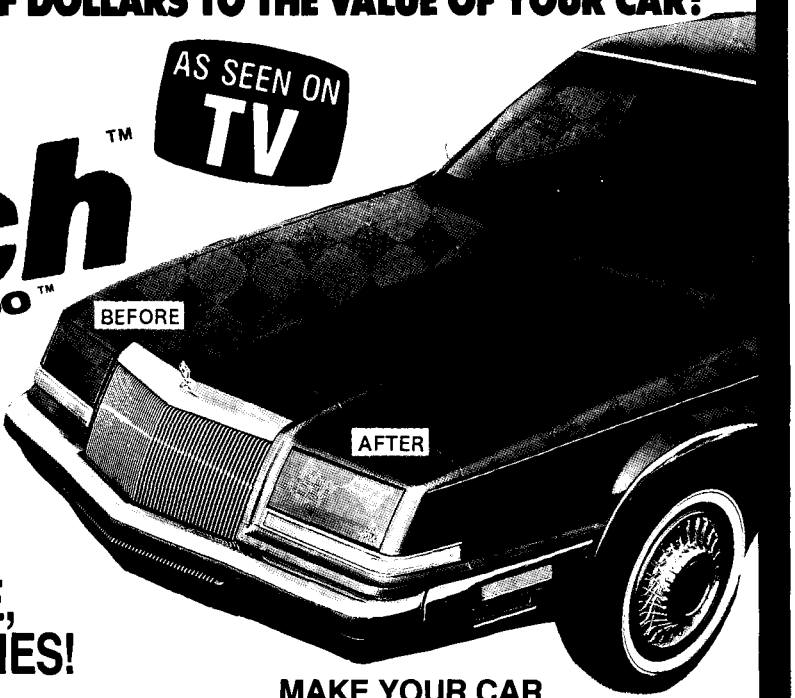

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"He has been that way since he found out that all the girls in the office consider him harmless."

MALE MENOPAUSE

"And then the announcer said, 'Don't touch that dial!' but there was just no stopping Harold at that point."

"Sorry, Mr. Swale, there still hasn't been anyone asking about you. Maybe next week."

"George is too old to fantasize about being a ball player. He fantasizes about being an agent!"

"It's really the by-products of progress that get me. For instance, I dream in black & white, my son dreams in color, and my grandson dreams in 3-D with laser effects!"

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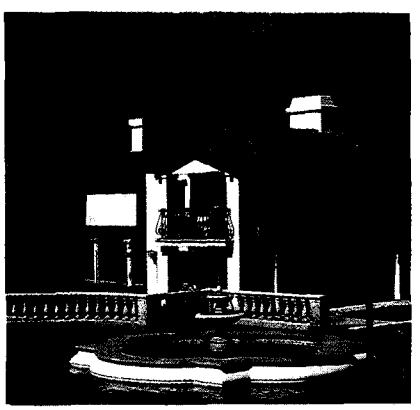

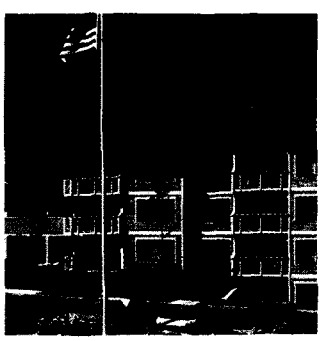

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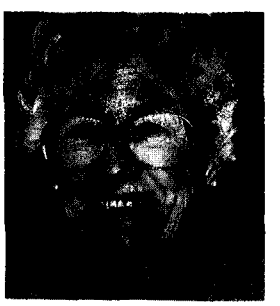

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Saturday Evening Ball

continued from page 51

ing drudgery, so they won't do it," he says. "But ballroom dancing is so enjoyable, it has the potential to get people moving who might otherwise not try. Plus, it's easier on the joints and skeletal system than jogging."

For those interested in burning calories cheek-to-cheek, "moderate ballroom dancing can burn between 250 and 300 calories per hour," reports the University of California *Wellness Letter*. "Fast, vigorous dancing burns upwards of 400 calories per hour."

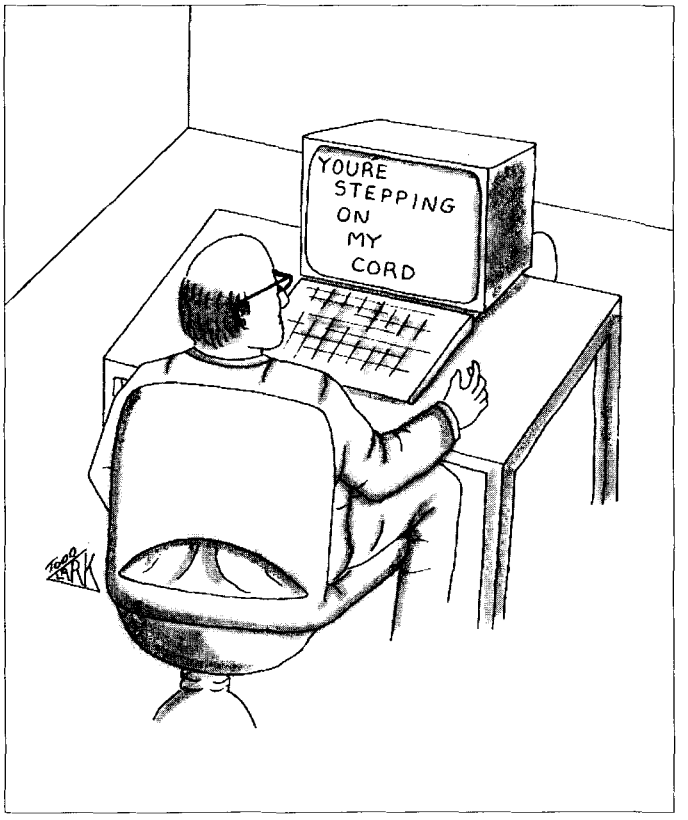
Since "any dance can be performed with different intensities, the amount of exercise afforded ultimately depends as much on the dancer as on the dance," notes Phil Martin, a dance instructor at California State University at Long Beach. His research indicated that doing the swing raised the greatest proportion of dancers' heart rates into the "exercise benefit zone." Next came the polka, followed by the Viennese waltz and the mambo.

Dancing can be so vigorous that "people with heart disease may find themselves getting some angina," notes exercise physiologist Thomas G. Allison of the Mayo Clinic, who cautions older people and those with heart disease to consult their doctors before beginning any new exercise program. "It's important to start out with slow dances and gradually increase your pace."

Ballroom dance is just one of the varied forms of dance now being taught to seniors.

"Dance for seniors is an important area of growth in our profession," says Rebecca Hutton, executive director of the National Dance Association, an organization of dance teachers and professionals. "More and more dance teachers are going into retirement homes and senior centers and offering classes. Today's seniors don't want to just play cards or do crafts anymore, they want to get moving. When you turn on the music and say, 'let's dance,' their faces light up. With the American population aging, we're going to see more and more of this trend."

Dancing can provide a special boost to people with arthritis, says Manhattan dance teacher Milton Feher, a former professional dancer who specializes in helping arthritis sufferers regain use of stiff joints. "Learning very simple ballet and jazz movements educates people about how to manage their bodies," says Feher, whose own bout with arthritis in his knees helped him develop his teaching techniques. "People with arthritis are much relieved when they learn that every joint has a certain ideal posture. When you learn the proper alignment, it allows your muscles to relax. And when you know how to relax, the body rights itself."



Dancing also can help relieve stress. "It's one of the best things you can do after a divorce," says Carol Jackson of Rochester, Michigan, who began ballroom dancing after her marriage broke up 11 years ago. "Dancing allows you to get back into socializing with people in a very warm, non-threatening atmosphere."

Now publisher of *Dance Letter*, a bi-monthly newsletter about dancing for physical and emotional well-being, Jackson says, "Look at the faces of people who are dancing. You'll never see a sad face on the dance floor."

"If I'm depressed, down, or tired, dancing will energize me," says 87-year-old Margaret Lee of Silver Spring, Maryland, who can do the triple swing "as fast as the kids can do it. Dancing is more spiritual than any other form of exercise, it really lifts you up. To me, dancing is life itself."

Lack of a partner is no reason to stay off the dance floor. "I remember one lady in a senior center who came to my class and almost started crying because she'd lost her husband," recalls Illinois dance teacher Ollie Mae Ray. "I told her that's one more reason why she should come out and dance with us. When you're dancing, the heavy burden of losing a loved one leaves you."

Line dances are ideal for people without partners, notes Ray who has compiled nearly a hundred line dances—from the "Alley Cat" to the "King Tut Strut"—into a new "Encyclopedia of Line Dances" just published by the American Alliance for Health, Physical Education, Recreation and Dance in Reston, Virginia.

"Physically, socially, and mentally, line dancing is especially rich for the body and soul," Ray says. "It's as old as dance itself, yet also the most contemporary of today's dances."

Sometimes, people's partners who aren't interested in dancing change their minds once they try. When Reba Reinhardt decided to fulfill a lifelong dream of signing up for ballroom dance lessons after she retired from Eli Lilly in Indianapolis, her husband reluctantly decided to go along.

"At first it worried me something awful because I felt self-conscious," admits George Reinhardt, who has now been an avid dancer for four years. "Dancing really builds you up in lots of ways."

The Reinhardts take a weekly class, attend area dances, and practice frequently in a mini-ballroom in their basement. "It's one of the best things I've ever done," says Reba Reinhardt. "I've loved dancing since I was a little girl, but I never had the opportunity before to take lessons. It's kept me active and limber, it's opened doors to meeting new people, and it's great fun."

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Dancing also nourishes creativity and confidence, enthusiasts say.

"Whatever artistic expression I have can come out in my dancing," says Kay Vaughan, a farmer and teacher from Canton, Ohio, who started dancing six years ago to prepare for his daughter's wedding. "My wife and I liked our dance lessons so much we never quit. I'm much stronger physically, I can touch my toes for the first time, and I can compete with the 20-year-olds."

But possibly its greatest benefit, say advocates, is that dancing keeps you young.

"Look at George Balanchine," notes Patricia McBride, former prima ballerina of the New York City Ballet and now professor of dance at Indiana University in Bloomington. "He'd rehearse all day, then have performances at night, seven performances a week. And in his 60s and 70s he could dance full out."

After all, Fred Astaire lived to be 88, Ginger Rogers is 80 (birthdate July 16, 1911) and Gene Kelly is 79 (August 23, 1912). Bob Hope is 88 and he's been known to teach a two-step to friends in high places.

"Senior adults . . . bring to dance an expressive body filled with life experiences," notes Liz Lerman, artistic director of Washington, D.C.'s Dance Exchange and a pioneer in the field of dance for seniors. Speaking on Capitol Hill at a recent hearing on "Exercise, Health and Aging," Lerman told the House Select Committee on Aging that, "Seeing older people dance explodes two stereotypes. One is who gets to be the dancers. The other is what we think older people can do, and indeed, what we might expect of the aging process."

Lerman's older students have reported a variety of rejuvenating experiences as a result of dancing—including one man who was able to take baths again, for the first time in five years, because dance class had retaught him how to get down and up.

These kinds of physical insights should be available to all people, said Lerman, who concluded: "I want to live in a world where it would be natural to say, 'When I retire I want to become a dancer.' "

Resources

▶ United States Amateur Ballroom Dancers Association, for general information call Bonnie Guerin at 1-800-447-9047, for information about

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▶ *Encyclopedia of Line Dances*, by Ollie Mae Ray, published by the American Alliance for Health, Physical Education Recreation and Dance, $21.95 plus shipping and handling. Call 1-800-321-0789.

▶ The National Dance Association, 1900 Association Drive, Reston, Virginia 22091.

▶ A variety of videotapes from *Sodanceabit* teach ballroom dance from the West Coast swing to the polka; some include a workout. Prices range from $24.95 to $39.95, available through the SatEvePost Society.

Earphones

continued from page 43

quarrel with Bill and how sorry he was that Bill's last words had been spoken in anger.

"I don't think Bill held any anger at you," said the voice.

"How well did you know Bill?" asked Shorty.

"Pretty well." There was a little silence, and then the voice asked, "How do you feel, old fellow?"

Over to the north was the yellow River Kaw, and the Lawrence hill was rising out of the endless plain. The hill, crowned by shining university buildings, had always seemed very high and insurmountable to Shorty. From this angle it looked different.

"You're going to take her down now, old fellow," said the voice. "You're going to make a good landing. Your kid Bill would be proud of you."

Shorty said that was the last time he felt any indecision about it.

"Better start to lose altitude now. Take her down to 2,000. Slow. Plenty of time. Slow. . .slow."

Shorty pushed the stick forward . . .slow. . .slow.

The smoke of Kansas City was on the sky, and the taller buildings were beginning to separate from the horizon. When Shorty first saw the field he wondered how a plane could hit anything so small, but when he approached it a second time with motors throttled down as far as they would go, landing flaps down, wheels reaching for the ground, he felt a great surge of strength and knew he could do it. He banked around, feeling all the firmness and power of the ship as it turned into the wind. A sea captain's phrase went through his memory—"a taut ship"—and he knew suddenly what that meant.

In that instant, too, he understood something else about flying: You fly, the plane doesn't. Or at least there is a time of merger when you and the plane become one and fly. He wondered how often Bill had felt this same oneness with his plane. He felt very near to Bill at that moment, perhaps closer than ever in life. It was almost as though he and Bill were one.

Then he was steering into the white stripe of the runway, pulling back the stick little by little as the voice in the earphones told him to, cutting the airspeed, trying to bring the tail down level with the nose, trying to hold the wings level, knowing that the next ten seconds would tell whether it was a good landing or a crash.

Even in those seconds he remembered a plane he had once seen overrun a field and stand awkwardly, with nose buried in a swamp and tail high in the air, until everything above the ground burned away. Bill's plane.

Then the wheels hit the ground. The left one hit first—left wing low, he guessed—and the plane gave a great awkward bounce, turned a little off the runway, and settled down. Shorty cut the ignition and let the ship roll. He didn't feel up to taxiing it. After it stopped rolling, he put his head down on the stick and closed his eyes.

When the field attendants rushed out in their little cars to bawl him out for not taxiing to the landing apron, his first impulse was to crouch down, so they wouldn't see him, or try to vanish in the crowd before anybody saw who he was. Then he remembered some things that had happened during the afternoon, and he sat up straight.

The attendants saw his civilian coat in the window and stopped growling and were silent in astonishment. And then he had his little moment of triumph. Little Shorty Frooze who sold cantaloupes. Little Shorty who was kicked off the airport because he was a nuisance. He sat up as straight and tall as he could. He leaned out the window and spoke to them in what he imagined to be the authoritative voice of an airlines captain.

"We have sick men aboard," he said. "Take care of them before you touch anything else in the plane."

And that is all of Shorty's story except one very important incident. When they had shaken his hand and snapped his picture, he said he wanted to go to the tower to thank the person who had helped him bring in the ship. They laughed at the joke, and then saw he was in earnest.

The airport manager took him aside a moment. "Mr.—er—Frooze," he said, "you know, don't you, that we've been trying to contact your plane all afternoon? Nobody in the tower has been talking to you."

Well, you explain it. What happened in the blue air over Kansas? I have told you just as Shorty told me. It doesn't seem possible that he could have imagined it all. On the other hand, it doesn't seem possible that he could have remembered enough from Bill's old aviation chatter to bring in that plane without help. Shorty swears someone was talking to him, and he thinks he knows who it was. I don't for a moment believe it was who he thinks it was, but strange things happen. And the important thing, after all, is what Shorty thinks, because he has stopped grieving over Bill now, and walks with his head up, and doesn't hide from people, and looks at the sky with the squint of a flier.

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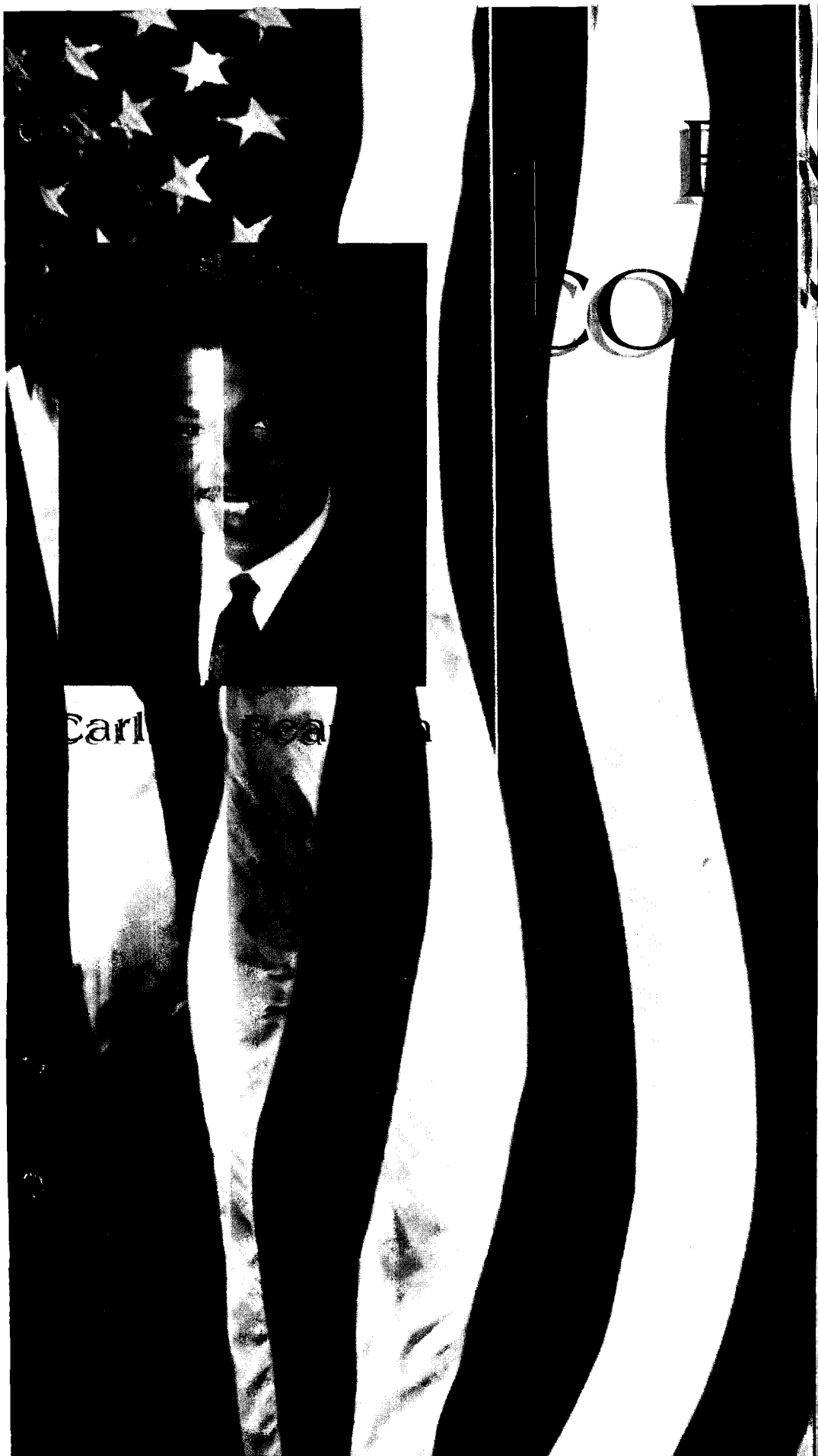

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ROUGHING IT

What happens when city slickers trade pinstripes for chaps and head for the hills of Wyoming? Hop aboard a Conestoga wagon and find out.

Covered wagon treks, 1990s style, date back to the year when Kansas ranchers marked their state's centennial by traveling to the Capitol in wagons. Tourists en route begged for rides.

We all hollered and scrambled for something solid to hang on to as our canvas-covered Conestoga wagon jolted off the trail and into the sagebrush. Wrangler Frank Roadifer, 61 ("just a kid yet"), had seen a carcass, and we were setting off to find out what animal had died there in Wyoming's Bridger-Teton National Forest.

Northwest Wyoming is home to more hairy beasts per square mile than anywhere else in the continental U.S. The state's wildlife includes two-thirds of the world's pronghorn antelope, one-third of its grizzly bears, its only free-ranging buffalo (bison) herds, and a large percentage of its elk, moose, and bighorn sheep.

This time the remains were those of a young elk cow, according to Roadifer. While we city slickers watched, spellbound, he put one booted foot on the skull and twisted the backbone until it came loose. A leg with brown fur lay nearby. The ribs were picked clean, probably by scavenging coyotes.

Roadifer handed me the foul-smelling 18-inch-long skull with bits of flesh and hair still attached. I thanked him dubiously.

The elk skull find was the first big event of a Wyoming day that had begun several hours earlier when Randy Taylor and his wife, Jerrilyn, picked up our group of 44 vacationers at the Antler Motel in Jackson. The Taylors and two other families own and operate Wagons West, providing trips in authentic replicas of pioneer covered wagons and trail rides (though the first leg of our trip was a 1½-hour ride on an old school bus).

The wagons are 15 feet long and 7 feet wide, and cost about $8,000 each. They boast such unauthentic amenities as rubber tires and cushioned seats. Guests sleep in the wagons or in tents. On the trail, guests ride in the wagons, walk alongside, or ride horses and mules.

You don't travel far in America's Outback without seeing wildlife. Wyoming, the Cowboy State, is the least populated but geographically one of the country's largest states.

First we saw wild buffalo. Once they thundered 60 million strong across the plains. Now they number 75,000. Even though they weigh up to 2,000 pounds, they are surprisingly swift (to 32 mph) and unpredictable. Don't approach them.

Next we saw a marmot, a burrowing, grass-and-berry eating rodent, scampering across the dirt road. Taylor then pointed to a mule deer, also called jumping deer because they sometimes bound away in a stiff-legged leaping movement—called stotting—when they sense danger. On a pond near camp were trumpeter swans, the world's largest wild swans. They exist nowhere in the wild except North America. These lordly birds can be five feet long with an eight-foot wingspan.

We saw those animals before we arrived at camp. Over the next five days we spotted a cow moose and her calf, four elk, more mule deer, a coyote, and bear signs (a tree trunk one mauled to get at the insects inside, a bear claw and palm print on a tree and a grizzly bear paw print).

An Atlanta lawyer, walking beside the wagon, first encountered the

BY CAROLYN HUGHES CROWLEY

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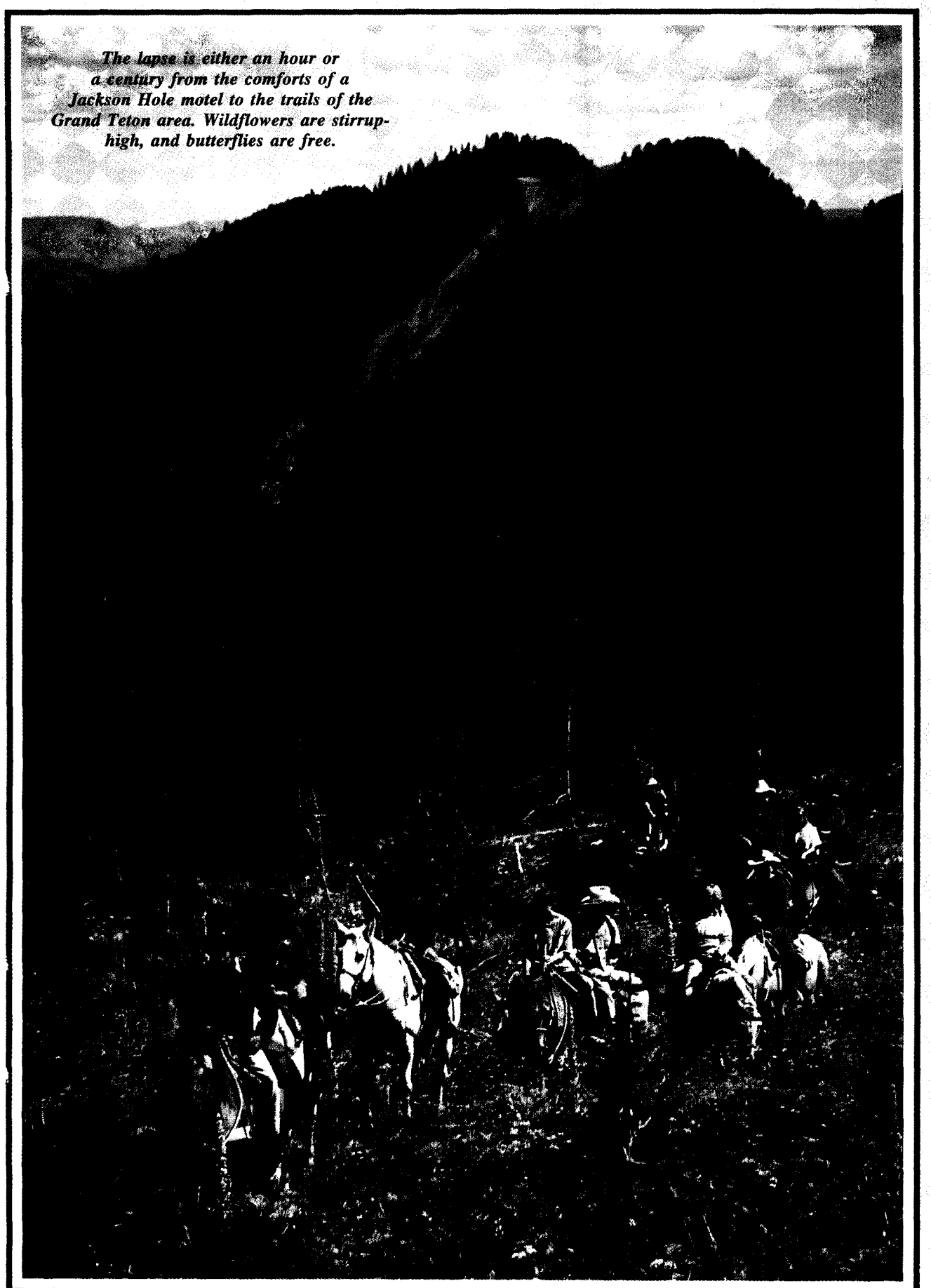

The lapse is either an hour or a century from the comforts of a Jackson Hole motel to the trails of the Grand Teton area. Wildflowers are stirrup-high, and butterflies are free.

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moose. Pointing to the woods, she whispered, "There's something in there. I'm a city girl. Maybe they're deer." A New Yorker exclaimed, "We just saw Bullwinkle J. Moose!"

About 8,000 elk—the largest concentration in the world—winter at a Jackson elk refuge. People collect their shed antlers; proof of this are tangled elk-antler arches in Jackson's central square.

Wildflowers are plentiful, too. Astride a horse you are sometimes stirrup-high in wildflowers that the horses love to eat. Early in the season the lupine is poisonous, Roadifer said. The lavender fireweed is the first to appear after a fire. The elk thistle, called Indian celery, tastes better than celery in the spring, Roadifer claimed. One day a wrangler dismounted to collect wild strawberries for us. They were yummy.

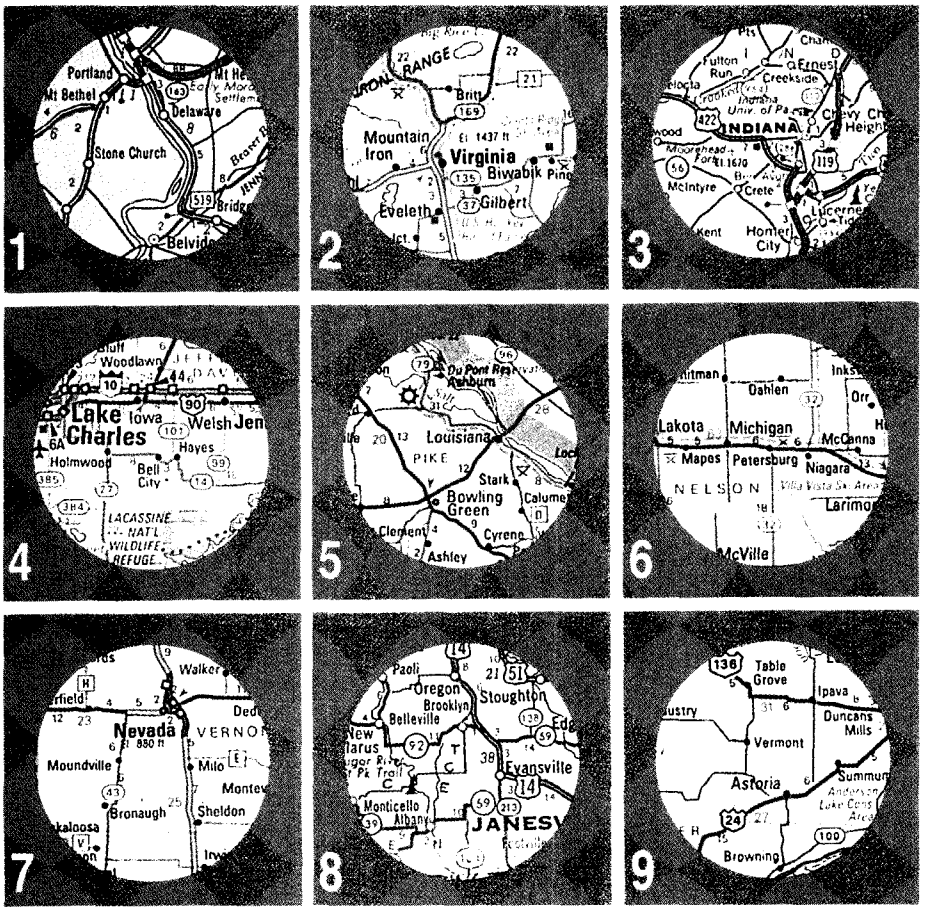
The sagebrush may grow as high as 15 feet and can live a hundred years. It has a sweet, spicy smell when crushed. Cowhands burn it for warmth and cooking, and for heating branding irons in the spring. Some drink sagebrush tea, but they say its taste is bitter.

Wagons West's days begin when the horses, many hobbled and cowbelled, return to camp for grain pellets, from the fields where they've grazed all night. The wranglers claim the bells awaken the guests at daybreak, but a storm one night brought the horses to camp to graze around our tents and the wagons at 2 a.m. One horse scratched himself so fiercely against a wagon a woman inside awoke and feared it would tip over.

Lynn Madsen, part owner of Wagons West, explained that hobbling "gives the horses the most freedom possible when the federal government (camp is on federal land) prohibits fences, and it keeps them in the vicinity of camp."

At camp guests find no running water, no showers, no flush toilets, no electricity, no heat, no TV, no magazines, no newspapers. We learned the recipe for washing our faces in the morning: Into a basin pour two ladles of hot water from a fire-blackened pot and one ladle of cold water. The potty wagon is at camp. On the trail, guests find privacy amid the trees.

"You don't want to have too many comforts or you lose the atmosphere of the pioneers. Those who don't like to rough it better not come up,"



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

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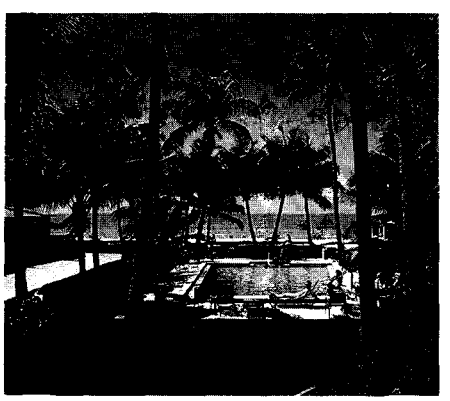

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Jerrilyn Taylor said.

She cooks much of the food using a 24-inch cast-iron skillet and an 18-inch Dutch oven on a pine wood stove. Some guests chop wood (wranglers warn of the dangers).

The food is plentiful, with breakfast and dinner served from the chuck wagon on Army surplus metal trays. Lunches are packed and eaten on the trail.

After eating, guests take their trays and mugs to the "scruffy bucket" and "scruffy" (or scrape) their food from the trays. "We let the coyotes lick the dishes," the wranglers tease.

The evenings begin with a volleyball game or a nature walk. Then everyone gathers around the campfire to sing to guitar and banjo accompaniment, roast marshmallows, drink hot chocolate or coffee, watch rope tricks, participate in the once-a-week talent night, and star gaze. Then as you slide into your sleeping bag and pull the zipper to your chin, the coyotes' keening yelps shatter the silence.

For many guests, the trail rides are the highlight of a Wagons West vacation. What some city folk find difficult to do is trust their horses, all geldings or mares, on tops of ridges with nothing on either side but a long drop.

"When you understand your horse's capabilities you can trust your life to him," said Randy Taylor.

Outrider Lew Lamb breaks, raises and trains mules. Atop an easily spooked one named Fancy, and leading 26 riders on an all-day outing Lamb said, "I'd much rather ride a mule than a horse because he's much smoother, more surefooted, and sensible. Your horse (named Tiny Bubbles) has safely carried novice riders as far as it is around the earth at the equator—36,000 miles—in her lifetime. That's true for most of the horses guests ride."

Pioneers, he said, traveled an average 11 miles a day looking for wood water, and grass. With Lamb we skirted 10,326-foot Mount Leidy riding 15 miles, with a 3,000-foo range in altitude.

In five days of roaming the forest fringed grasslands and climbing up and down the steep-walled canyon the only signs of civilization we saw were fishermen with two cars.

Our third morning we pulled up camp. We moved—"Wagons Ho!"—to Mount Baldy with a spectacular view of the Tetons until the fog and rain (a "cowboy's bath," a guest commented) rolled in.

At the end of our stay, a Brooklyn medical lab technician, Susan Henriksen, said, "There's a little bit of cowperson in all of us. This was make believe pioneering for five days."

Her husband, Dean, a medical claims analyst, commented, "You build camaraderie through sharing experiences together for the first time. This was an aha! experience. Everyone turns a corner or comes up over a ridge and exclaims, 'Oh, Tetons!' "

Grand Teton soars to 13,770 feet. The Tetons' minute-by-minute transformation keeps visitors enthralled.

One of Susan Henriksen's fonde

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by August 11, 1992.

The winner of the July/August 1992 contest will be announced in the November/December 1992 issue.

Our congratulations and a check for $100 go to Jean Paschke of Melrose, Minnesota, for the winning entry in our March/April 1992 caption contest.

They remember their young passion's height
When skyrockets went up in flight.
And that's why they're sitting
With paper and knitting,
Making sure there's no lift-off tonight.

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memories was the evening we cowgirl guests bathed upstream from the wranglers in "water so cold you'll wonder why it still flows," as Lew Lamb said.

"We went in the river on a dare and once we did, the shock of the water got us all giggling and it became fun," Susan said.

One youngster felt returning home would be "yucky." Children hug and frequently cry when they depart. An adult said, "Reentry to civilization will be difficult. We've loved our five days in the wilderness."

Angina

continued from page 18

angina—not the garden variety angina most people have, but angina all the same. I reached this conclusion based on two things that she said. First, she described the pain in a very specific way: a sharp twinge lasting for only a few minutes at a time. The last time I had a toothache, it was more like a relentless dull ache that went on for days. Second, she said that it bothered her more when she was tired or under stress than when she was relaxed, which is not typical of a toothache but is definitely a characteristic of angina.

A stress test later revealed that this woman indeed had ischemia, or oxygen deprivation, during exercise. She is now being treated with medication that dilates her coronary arteries and she is free of pain. Why did it take so long for this woman to get an accurate diagnosis? I have a nagging suspicion that if she had been a man her doctor would have at least considered the possibility that her persistent problem, in spite of all the dental attention, was in fact angina.

In all fairness, however, angina is not always easy to diagnose because there are many conditions that mimic it. A burning sensation in the chest may indeed be angina, but it can also be heartburn or countless other digestive disorders. A heaviness might be due to asthma or bronchitis. A sharp pain in the elbow or even in a finger could also be referred pain from angina, but then again, it might well be from a bone or muscle injury.

Anginal symptoms not only vary from person to person but depending on the individual they can be triggered by different activities or irritants. For example, some people are extremely sensitive to cold: A blast of cold air or an icy drink is all it takes to spark an attack. But other people may experience pain only in times of physical and emotional stress.

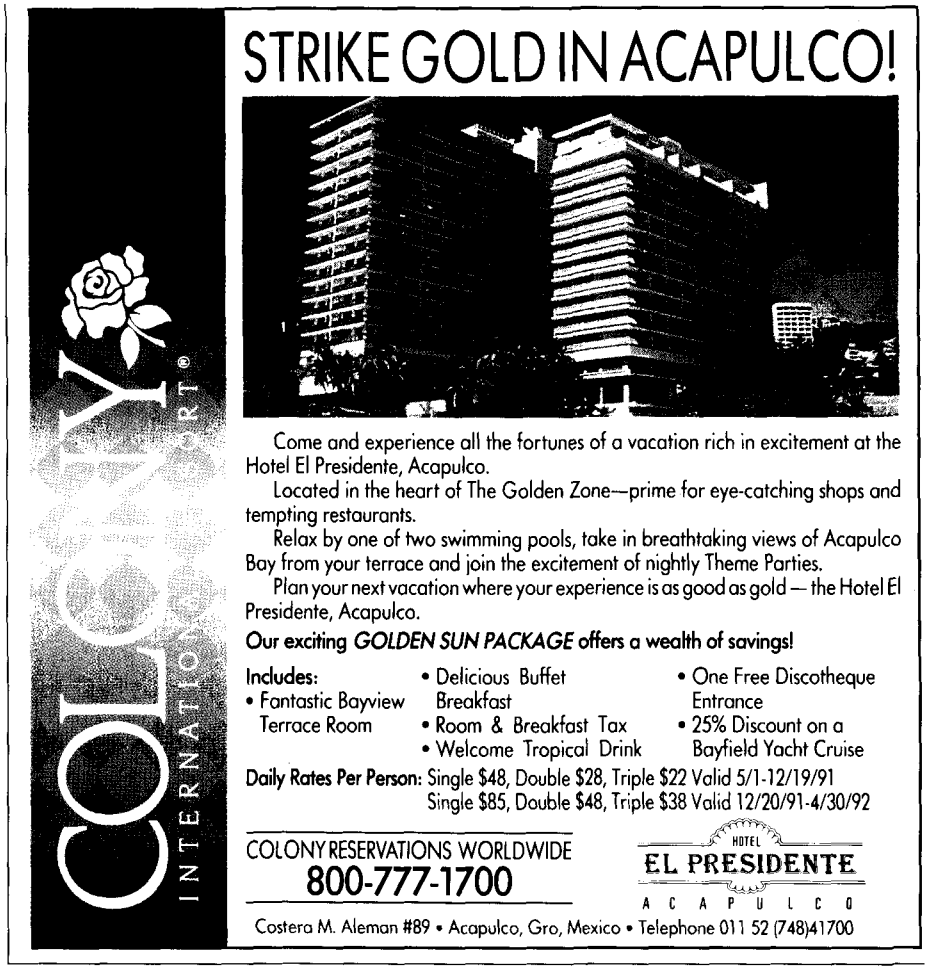
When you experience a strong emotional outburst, as you might when worrying about your teenage daughter, your body's sympathetic nervous system fires off a burst of chemicals that constrict the blood vessels, forcing the heart to beat faster and harder. If the vessels bringing blood to the heart become too narrowed, portions of the heart muscle may not get enough oxygen to fuel the extra work, and angina begins.

If the angina is only occasional, the doctor may prescribe oral nitroglycerine to be taken at the onset of an attack. Placed under the tongue, this very effective drug quickly dilates the arteries, allowing blood to flow more freely through the heart. If the patient is plagued with chronic angina, nitroglycerine can be taken in the form of a transdermal (skin) patch, a Band-Aid-like patch worn on the skin that slowly releases the drug over a 24-hour period. The skin patch is useful to prevent an attack, but does not work fast enough to stop an attack already in progress.

If a patient knows that certain events or activities trigger angina, she can take nitroglycerine beforehand to try to ward off the attack.

Nitroglycerine can have some unpleasant side effects. Many patients initially experience headaches, some so severe that they want to dispense with the drug altogether. In most cases, the pain can be relieved by aspirin or acetaminophen, and over time the headaches disappear. In addition, nitroglycerine can cause a sudden decline in blood pressure in some people, leaving them feeling weak and unsteady. But there's an easy solution to this problem. These patients should take the drug while sitting or resting and should not resume activity until the feeling has passed.

Another group of drugs called beta blockers—designed to decrease the oxygen demand on the heart by blocking the effect of the sympathetic nervous system on the heart muscle—may be used to control angina. These are a very good choice for people who experience angina when they are up-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set or under emotional duress, but usually not when angina is related to physical exertion. In recent years, calcium channel blockers have joined the arsenal of weapons against angina. These drugs reduce the flow of calcium into the muscle cells in the walls of the coronary arteries, which helps prevent spasm that so often produces anginal pain. Calcium channel blockers are used alone or with beta blockers to prevent angina attacks.

In many cases, angina can be successfully treated with medication and common sense: getting enough rest, avoiding stressful situations if possible, and becoming attuned to your body so you can pick up any early warning signs that an attack may be imminent.

Speaking Out

continued from page 30

privately agreed between them that this ground—so unpopular with most of the nation—would remain a shared value.

I said that Wendell Willkie was the most influential American political figure who never held office. He lost the election of 1940—most historians are convinced that no Republican could have won it that year—yet in the course of the campaign he gained a remarkable role in shaping the history and the character of the nation.

Many candidates, after losing an election, fade back into the woodwork. Not Wendell Willkie. It is a measure of the power of his personality and of his convictions that he remained actively and energetically in public life and overcame political defeat to achieve personal greatness.

In 1941, Willkie visited Britain, carrying a letter from Roosevelt to Winston Churchill. The following year found him, though still a private citizen, traveling around the world as Roosevelt's personal envoy to the Middle East, the Soviet Union, and China.

Although he had lived nearly all his adult life in the era between the first and second world wars—a time when the United States withdrew from world affairs—Willkie had always had a broader vision. His seven-week, round-the-world journey, meeting with foreign leaders and citizens, crystalized for him the certitude that, in his words, "no nation can reach its fullest development alone."

When he returned, in October of 1942, Willkie gave a radio broadcast "Report to the People." This report became the basis for his book, *One World*, a prophetic view of global interdependence that immediately sold more than a million copies and was translated into every major foreign language.

In his broadcast, Willkie told the American public, "There are no distant points in the world any longer. The myriad of millions of human beings of the Far East are as close to us as Los Angeles is to New York. I cannot escape the conviction that in the future what concerns them must concern us. Our thinking and planning in the future must be global."

"Winning the war is not enough," he went on. "To win the peace, three things seem to be necessary: first, we must plan for peace on a global basis; second, the world must be free, economically and politically, for nations and for men that peace may exist in it; third, America must play an active a constructive part in freeing it and in keeping its peace."

Willkie saw far ahead, and history has borne him out. I find it ironic that today, for a new set of reasons, an attitude of isolationism—of turning our backs on the world—is again on the rise and has entered the rhetoric of the 1992 presidential campaign. Some claim we spread ourselves too thin when we engage our energies abroad, that only a new "America first" policy can revitalize our economy. I am confident, however, that such voices will be drowned out by wiser words. The United States is now the *only* world power. Our responsibilities are great.

Unquestionably the "one world" that Willkie envisioned is fast becoming reality. But it is an evolving reality that requires our continual effort. Only a year ago, just as the Cold War ended and we seemed well on our way to global peace, we and our United Nations allies found ourselves in the Persian Gulf. We learned there how far the world remains from reasoned solutions to international conflict.

Here at home, also, we are still a long way from reasoned solutions to conflicts. Looking back a half century to Willkie's day, we have come far in many arenas of civil rights and civil liberties. Yet racism remains a powerful force against all that is important and possible for our society. We remain a long way from parity of advantage

You Be the Judge

by Bruce M. Jones

During intermission at the drive-in theater, Gertrude went to the refreshment stand. On the way back, groping through the darkened theater grounds, she walked into a speaker cord stretched from its post to a car. The resulting neck injuries put her in the hospital. Later she sued the theater owner.

"After urging people to patronize his refreshment stand during the intermission, he at least should have turned on the lights so we wouldn't break our necks," Gertrude argued.

"As it was dark, she should have known enough to be on the lookout for things like this," the theater owner countered. "Her injuries are due to her own carelessness."

If you were the judge, would you award damages to Gertrude?

Gertrude lost. The court held that she was at fault for not avoiding the cord. The theater owner, it said, "could reasonably assume that his patrons would know that automobiles parked by the posts were connected by a cord or some other device to the sound equipment."

Based upon a 1955 Massachusetts decision.

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education and employment, parity of opportunity, and parity of real-life expectations for all Americans. We have a tough journey ahead to achieve what must be achieved. As Wendell Willkie well knew, and history confirms across the ages and around the globe, no community can maintain an environment of liberty without an environment of mutual respect.

"It has always impressed me," Willkie wrote in *One World*, "that . . . it is only common sense to safeguard jealously the rights of minorities. For minorities are rich assets of a democracy, assets which no totalitarian government can afford. Dictatorships must, of necessity, fear and suppress them. But within the tolerance of a democracy, minorities are the constant spring of new ideas, stimulating new thought and action, the constant source of new vigor.

"To suppress minority thinking and minority expression," he went on, "would tend to freeze society and prevent progress. For the majority itself is stimulated by the existence of minority groups. The human mind requires contrary expressions against which to test itself.

"For now more than ever, we must keep in the forefront of our minds the fact that whenever we take away the liberties of those whom we hate, we are opening the way to loss of liberty for those whom we love.

"Our way of living together in America is a strong but delicate fabric. It is made up of many threads. It has been woven over many centuries by the patience and sacrifice of countless liberty-loving men and women. It serves as a cloak for the protection of poor and rich, of black and white, of Jew and gentile, of foreign- and native-born.

"Let us not tear it asunder. For no man knows, once it is destroyed, where or when man will find its protective warmth again."

In today's presidential campaign, it is well to remind ourselves of these truths.

In the years between 1940 and 1944, Willkie worked to reform the Republican party from within. In the short run—which is all he had—he succeeded only in further alienating the party leadership. In the long run—beyond his own lifetime—he was in great measure responsible for broadening the outlook of the Republican party towards more enlightened international perspectives.

He tried again for the GOP nomination in 1944, but lost early and drastically in the Wisconsin primary and withdrew from the race in April. With typical panache, in entering the Wisconsin primary he had chosen what was at that time perhaps the least fertile ground for his world views.

The defeat left Willkie down but not out. He wrote in a letter to a friend, "I know most people assume that one situated as I am must be depressed. But as a matter of fact, I am on top of the wave. And I didn't dip my colors in falling."

Could Willkie have survived in today's political climate? We ask such perfection now, of our political leaders, that it is hard to know who can measure up. But unquestionably his principles survive, and have not dipped their colors in half a century: global political and economic cooperation, the end of colonialism and imperialism, equality for all citizens, the protection of free enterprise, and the right of free and fearless debate as the guarantee of liberty and progress.

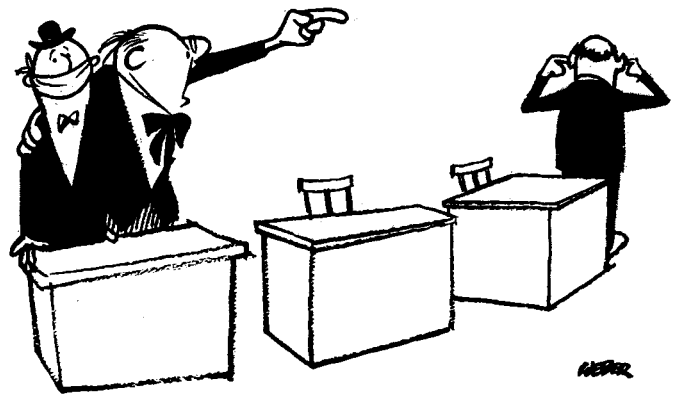
Early in October of 1944, Willkie was hospitalized with a heart attack. His close friend and supporter, Governor Raymond Baldwin of Connecticut, wrote to him on October 5.

"I want you to think over these questions," Baldwin said in the letter. "Do you know that there is no one who has done so much to change the course of American thought back to sound American principles here at home as have you? Do you also know that there is no one in our times who has done so much to bring Americans to a realization of their responsibility in world affairs and their opportunity for world leadership as have you? Wendell Willkie's leadership in these crucial years will be fully appreciated in the years to come. But his friends know now."

Willkie may never have had the chance to read Baldwin's tribute. He died October 8, 1944, aged 52.

Wendell Willkie had a vision for how things should be—how they should be at home in our complex society, and abroad in a world that, in the crucible of war, looked ahead to a new world order.

His vision remains our challenge today. The concerns that drove him are our concerns. His voice still speaks to us.



The Perfect Squelch

Colleagues of State Senator Portur often claimed he was born talking, and that he had been expanding on that activity ever since. They added that the only thing he loved more than the sound of his own voice was fussing over some completely unimportant detail in a piece of legislation.

So when Portur arose to object to a part of an election reform bill, many of his fellow senators quietly left the chamber. The sponsor of the bill, forced to remain, suffered in silence as his long-winded colleague voiced a few thousand words of meaningless build-up, then centered his attack on one point. This was the fact that the bill required a voter to announce his name in a "clear and audible voice" on entering the polls.

"I feel that the 'clear and audible voice' clause is a serious defect in this legislation," Portur intoned. "Tell me, senator," he added, leveling a finger at the bill's sponsor, "just what would you do with a man who couldn't talk?"

"That's easy," the bill's weary sponsor shot back, "I'd elect him to the Senate."

—Harry Farrell

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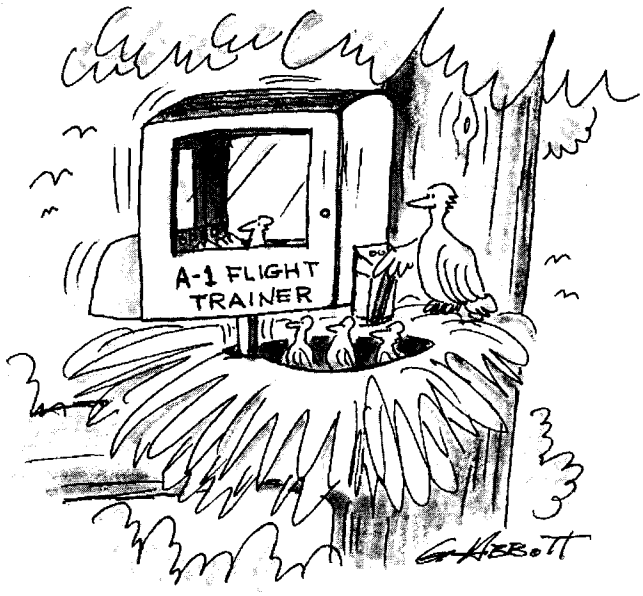
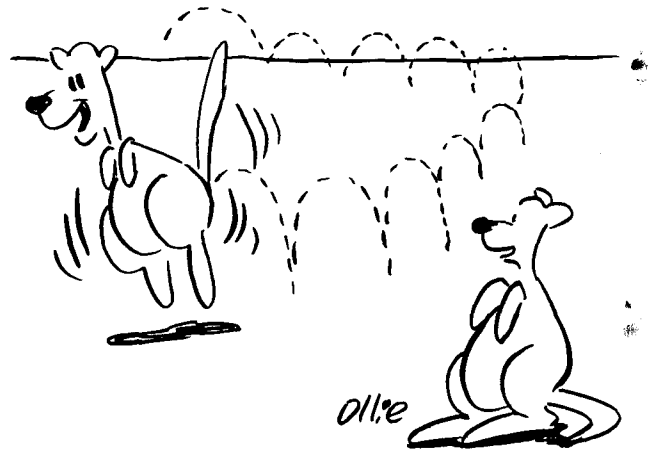
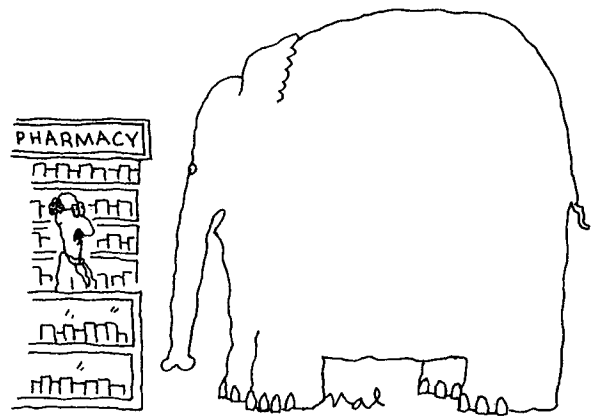
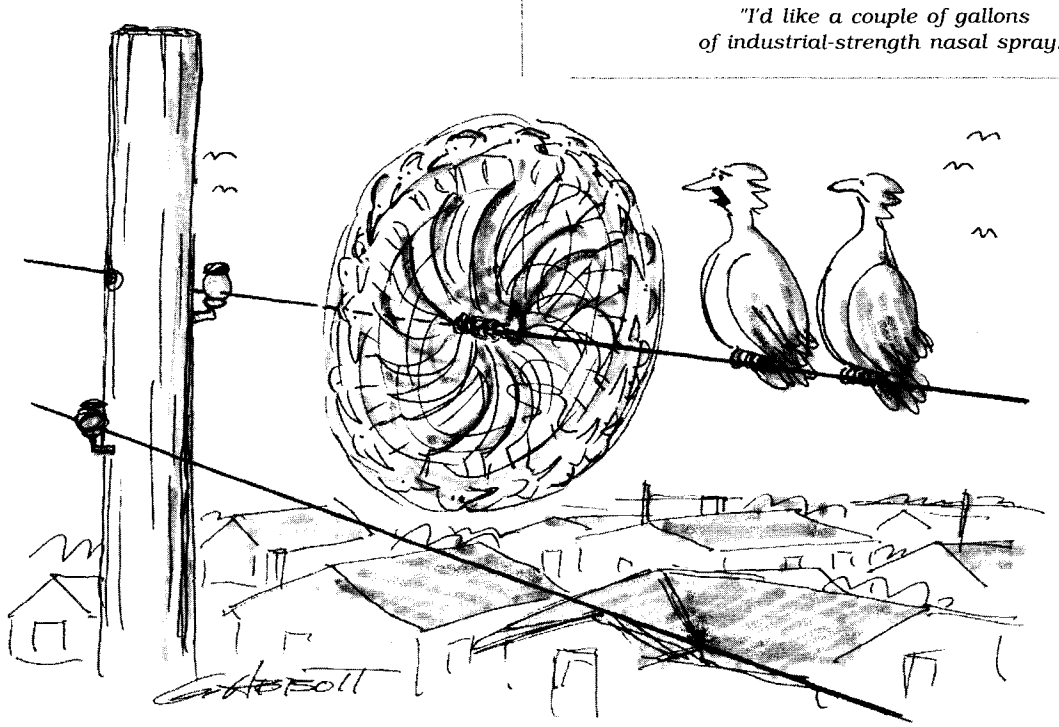




"Let me guess . . . you met a girl."



"I'd like a couple of gallons of industrial-strength nasal spray."



"Gesundheit, Fred."

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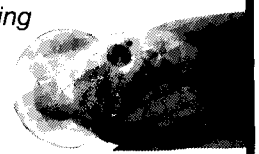

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MEDICAL MAILBOX

by Cory SerVaas M.D.

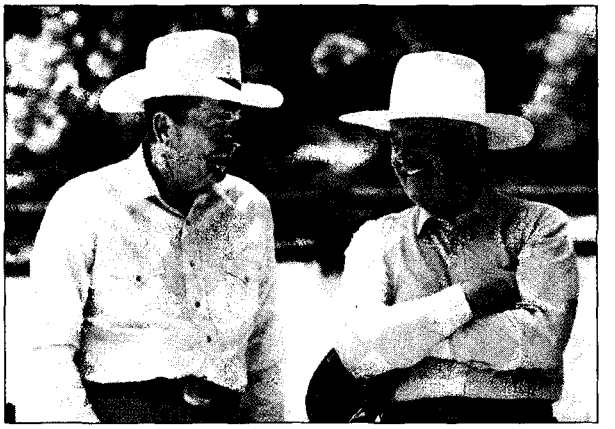
**"We dreamt that life was all joy;
We awoke and saw that life was but service;
We served and understood that service was joy."—*R. Tagore***

The Importance of Early Detection

Seven years after an operation to remove a malignant polyp from his colon, former President Ronald Reagan is alive and well. He is a good example of the importance of catching colon cancer early, and living proof that having cancer need not mean the end of the world.

When the White House first announced President Reagan's cancer in 1985, we were relieved to hear it was only a Dukes A tumor. Dukes A tumors have not spread beyond the muscular wall of the colon and there are no lymph node metastases. If removed there is less than a 10 percent chance of recurrence. If a patient has cancer in regional lymph nodes the number of lymph nodes with metastases has an effect on the prognosis. Fewer involved nodes makes for a better prognosis.

About 60,900 people died from cancer of the colon in the United States in 1991. A colonoscope exam can detect most colon tumors while they are still polyps. Digital rectal exams can detect tumors of the rectum as well as many prostate cancers. These statistics should stress the vital importance of these procedures for both males and females over the age of 40.



Mikhail Gorbachev and Ronald Reagan met during Gorbachev's American visit. The former president is still well seven years after his operation to remove a cancerous polyp of the colon.

"It's not a rash, it's moss! You need more exercise!"

Baffled by Body Odor

Dear Dr. SerVaas:

I spent an hour today in the library trying to find some information on my problem. My magazine came this afternoon, I saw your medical column, and thought I would ask you for help.

I have terrible bad breath and body odor. I am clean—teeth, gums, vagina, etc.—but when I awaken I can hardly stand myself until I can freshen up with a shower.

Can you tell me where to look for help, what kind of doctor should I see, any suggestions? I am 46, female, and exercise regularly. I eat a lowfat diet and not much red meat. Help.

S.W.
Anniston, Alabama

You might consult a gastroenterologist and consider adding more fiber to your diet. Wheat and oat bran cereals, whole grain breads, and beans of all sorts are excellent for adding fiber. For those who don't care to add more fiber to their diets, Metamucil and Fiberall are over-the-counter fiber supplements that are often recommended to increase the bulk of the stool. This lessens the transit time for food to pass through the small intestines and the colon. A faster transit time might help.

A More Popular Kidney Dialysis

Dear Dr. SerVaas:

For the past few years I have been having kidney hemodialysis on a regular basis at our local dialysis center. Last year I changed to continuous ambulatory peritoneal dialysis. This has made such a difference in my life. I have so much more freedom now and am able to travel. It was the other patients at the clinic who put me onto this new and better form of dialysis.

It is such a good thing I feel that someone should do something about informing all the patients on hemodialysis, as it will greatly improve their standard of living, if this is a system they can use.

Madlyn William
Cincinnati, Ohi

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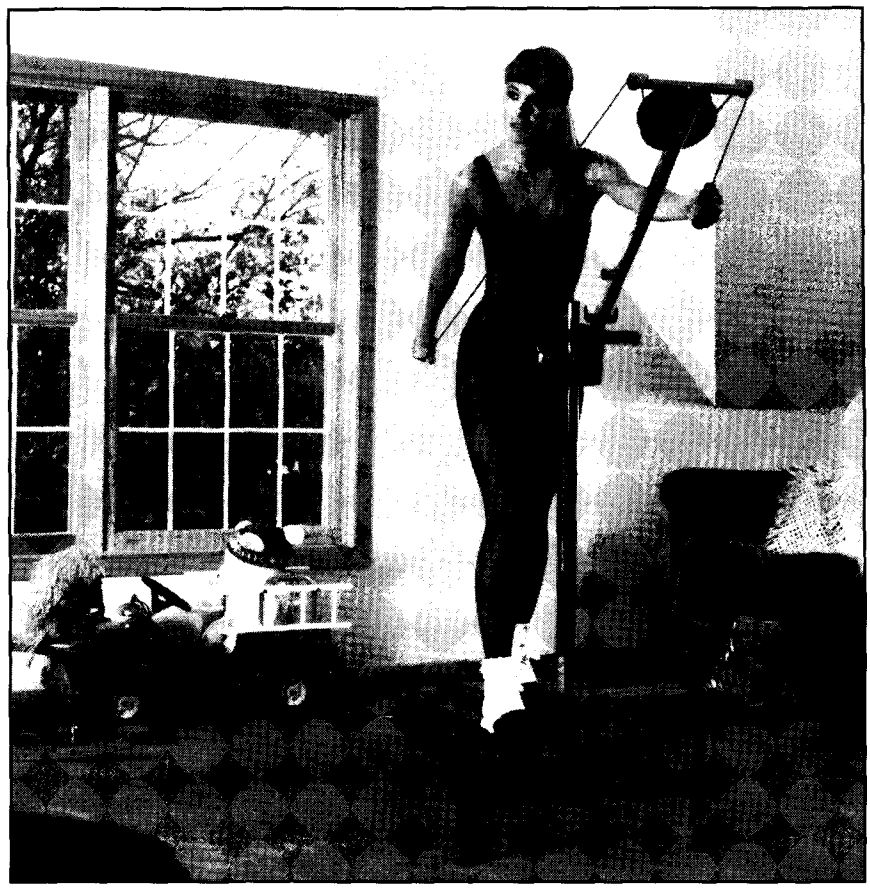

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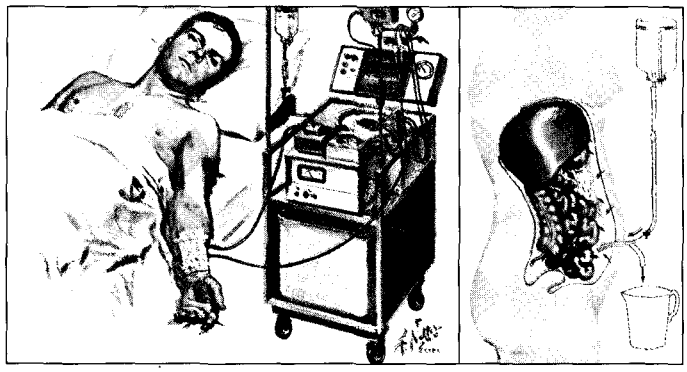

In hemodialysis, the blood is removed and passed through an artificial kidney. This procedure is normally performed in a hospital. Peritoneal dialysis places dialysate solution within the patient's abdomen and can be performed outside the hospital.

Continuous ambulatory peritoneal dialysis (CAPD) does not require the blood to be removed from a patient and passed through a dialysis machine as does hemodialysis. Instead, the patient's peritoneal membrane which surrounds the abdomen is used. The peritoneal membrane is made up of two layers, which can be spread apart to form a cavity. Peritoneal dialysis works by filling this cavity with the dialysate solution. The natural process of transmembrane hydrostatic pressure then causes the impurities in the blood to cross into the dialysate and necessary nutrients to cross into the blood. At the end of the exchange the used solution is simply drained from the patient.

With CAPD the solution is introduced by the patient who can go about his/her everyday business. Every 4-6 hours the patient simply lets the used solution drain out of the peritoneal cavity and fills it up with fresh.

This system eliminates the need for the patient to go to a hospital or center every 1-3 days.

CAPD cannot be used in patients who have had recent abdominal surgery or pulmonary problems.

"No I'm not a monk. I'm a dermatologist."

New Test for AIDS

Dear Dr. SerVaas:

As a regular reader of *The Saturday Evening Post,* I recall that you used to have a program for testing for AIDS (HTLV), now discontinued.

On a Canadian radio station I recently heard that there is now available a home test kit for AIDS in the United States. Do you know of an address where this kit is available, or where and by whom it is manufactured? Thanks in advance for your assistance.

William Dunbar
Calgary, Alberta, Canada

At this time we know of no home testing kit for HIV. The new test recently in the news must still be performed in a medical environment. Its great advantage is the short time it takes to get results, ten minutes. It can be performed by any medical professional. Using the patient's plasma or serum, the kit tests for the presence of the HIV antibodies. In trials it was found to be 99.9 percent accurate. The kit will be sold as Murex SUDS HIV-1 Test, and is made by the Murex Corporation of Toronto, Canada.

Scalp Help

Dear Dr. SerVaas:

I am a 76-year-old woman with a very noticeable hair loss on the top of my scalp. I have heard of a procedure called Derma Bond for hair replacement.

I would appreciate any information you can give me on the reliability of the product and the safety factors.

Thank you for your help. If there is no direct reply I'll watch for the answer in *The Saturday Evening Post* which to me is a very special magazine.

Evelyn Kienitz
Middle Village, New York

Join the club. This is a very common problem for older adults. Men bald earlier and in a more severe form, but women's hairlines recede and hair gets sparse on top of their heads, too.

We sent your letter to Dr. C. William Hanke, Department of Dermatology, Indiana University Medical Center. Here is his reply:

Dear Mrs. Kienitz:

Dr. SerVaas has referred your letter to me for comment. The hair loss problem that you describe is not uncommon in women in families with a genetic predisposition to hereditary hair loss. I do not believe that Derma Bond would help your hair loss problem.

Topical minoxidil is sometimes helpful for hereditary hair loss in women. I would suggest that you discuss topical minoxidil with your family physician or dermatologist. The only other alternative would be a wig. Please let me know if I can provide any additional advice.

Sincerely,
C. William Hanke, M.D., FAC

The Upjohn Company makes minoxidil; its trademark name is Rogaine. It is available by prescription only.

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The Human Papilloma Virus

Dear Dr. SerVaas:

The latest *SEP* was just delivered and as usual "Medical Mailbox" is the very first article I turn to.

I'm writing to ask if you know anything about HPV, human papilloma virus. My daughter has been diagnosed as having HPV. She has sent some information on it, but I don't understand much of the medical terms such as DNA. Also, what is the treatment and diagnosis? Hope to see this printed in your magazine soon.

Thank you very much for all the helpful information you have passed along through your column in a very special magazine.

M. H.
Eagle River, Wisconsin

The human papilloma virus (HPV), or warts, affects 7 to 10 percent of the population. Warts are caused by the virus inducing an increased production of epidermal cells in the skin layers near the surface. Warts are skin-colored and can appear as single growths or in multiple clusters on varying parts of the body.

There is a wide variety of warts. The deoxyribonucleic acid or DNA in the virus is the genetic protein code that determines which part of the body the warts will affect. The most common wart is verruca vulgaris which mainly occurs on the hands. It varies between 1 and 2 mm wide and appears as a solid rounded tumor with a rough surface. The plantar wart appears mainly on the soles of the feet. It is conical in shape and will bleed if cut. A callous or corn, on the other hand, will not bleed.

Verruca plana or flat warts are found mainly on the neck, face, and chest of a patient. Their surface has a stippled appearance. Filiform warts are more commonly found on adult males around the beard area. These can grow quite large if left unattended.

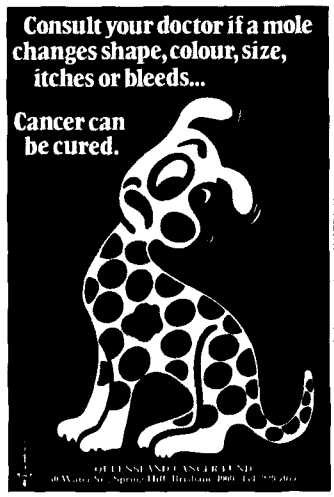
Condylomata acuminata, or venereal warts, are generally found in clusters around the genital and anal areas. These warts are contagious and are often spread by sexual contact.

Treatment depends on what variety of warts the patient has but tends to revolve around the application of caustic solution to kill the growth, cryosurgery using liquid nitrogen to freeze them, and, in the case of the venereal warts, a solution of 25 percent podophyllum resin and tincture of benzoin carefully applied to the affected area and washed off after a few hours. Some treatments can be applied by the patient but some need to be administered by a doctor.

We have readers who report their warts disappeared after they started taking vitamin C and lysine. They were taking 2 grams per day of vitamin C and 2 grams of lysine. This may be a coincidence since almost half of all warts will disappear within two years of their own accord, leaving no scars. If warts don't disappear or if the patient is worried about them, a doctor can determine the variety of human papilloma virus and administer the appropriate treatment.

Limit Your Sunning

This year an estimated 500,000 new cases of skin cancer will be diagnosed. Although everyone is by now aware of the dangers of too much sun, for many the damage will already have been done. Two recent reports, the first from the British Columbia Cancer Agency and the second from the Department of Dermatology at the University of California, explain that by the age of 18, a person will already have experienced 50 percent of his/her total lifetime's exposure to ultraviolet radiation. The report suggests that as few as three bad sunburns in childhood can increase the risk of skin cancer by two or three times.



COURTESY OF QUEENSLAND CANCER FUND AUSTRALIA

It's best to reduce the amount of ultraviolet exposure a child receives. The most harmful time of the day is between 10 a.m. and 3 p.m. Children should have their outdoor activities modified to reduce this risk. Although sunscreens offer some protection, the simplest and best pre-

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When out enjoying the sun this summer, be sure to apply plenty of sunscreen, and to wear a hat that offers ample shade for the face and lips.

caution is proper clothing and a hat. Glass windows stop a surprisingly large amount of ultraviolet, so car travel is quite safe.

Although a suntan is the body's natural protection, it is also the visible evidence of damage. The old wives' tale that a suntan is adequate protection is incorrect; it is only the equivalent of a SPF 4. Tanning booths can give a suntan, but are dangerous. The FDA warns that half an hour under a sun lamp can be as bad as half an hour under a midday sun in New York.

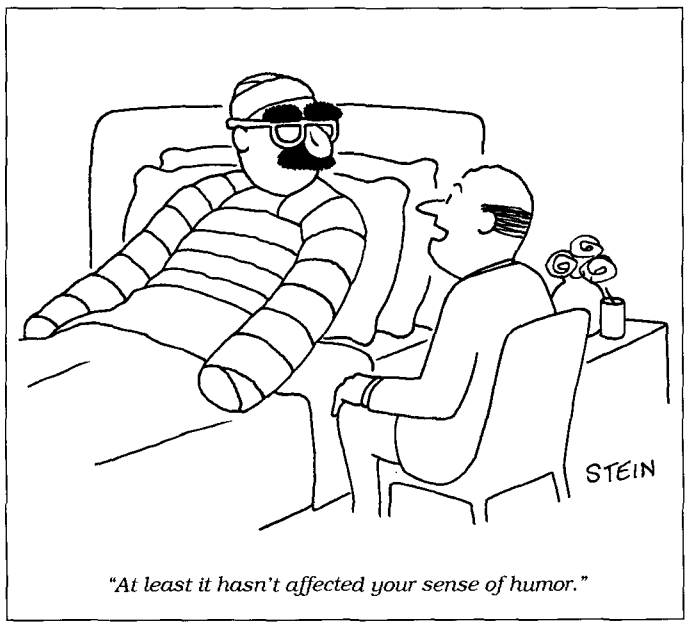
One area of skin often overlooked when applying sun cream is the lips. Applying sun cream to the lower lip is especially important as this gets more direct sunlight. This can be especially dangerous, as one of the most common kinds of cancer, squamous cell carcinoma, frequently develops there. Cancers that develop in the lips have a high rate of metastasis (the spreading of cancer to other parts of the body) because of the plentiful supply of blood vessels. Protect the lips from too much sun by using sunblock lip balm and wearing a wide-brimmed hat.

The Surgeon General Speaks Out

Dear Dr. SerVaas:

I read the article on smoking and I have a 12- going on 13-year-old brother who smokes. I keep telling him to stop, but nothing will work. I get mad at him because he smokes and I don't know what to do. Could you give me some advice?

Worried
Kansas City, Kansas



"At least it hasn't affected your sense of humor."

Antonia Novello, the Surgeon General, is particularly concerned about children and smoking. She addressed this problem at the recent World Health Organization conference.

One target of Dr. Novello's criticism is cigarette manufacturers whose ads glamorize smoking, enticing young smokers into life-threatening bad habits at an early age.

Whoever is selling the cigarettes to your brother is breaking the law. Try to find out where he is buying them and stop the source. Getting an ordinance passed in Kansas that would revoke the tobacco licenses of such lawbreakers would remove his supply of cigarettes and so help him to quit. Getting a doctor to explain the damage a cigarette does would also help him stop.

Antonia Novello is a tireless crusader against the selling of tobacco to children. Her particular objection is to the Camel "Old Joe" cartoon ads which are designed to attract children.

Spiking the Nail Problem

Dear Dr. SerVaas:

What causes fingernails to become brittle, split, and break so much? Is it age or something missing in my diet? I am an old woman, past 78. My nails have been bad for a few years now. I ask my doctors but get no help or even opinion.

Esther C. Johnson
Lenoir, North Carolina

Dear Dr. SerVaas:

I have a severe fingernail problem. My nails have always been soft with a tendency to split, but have become much, much worse in the past few years. They split in layers and down the nail, and a few places have seemed to be loose from the finger, and this part becomes harder, on one thumb particularly. They snag on my nylons, and almost anything. I keep my thumbnails bandaged all the time.

I have tried a number of the products advertised, and find nothing that really helps. I have asked the internist, orthopedic doctor, and my dentist. No one even tries to answer, and they don't seem interested.

Perhaps I could get some help from you? Please.

Velda W. Swanson
Sartell, Minnesota

We spoke about this problem to Dr. Arthur Norins of the Department of Dermatology, Indiana University Medical Center. He told us that the cause of this is not known, but it can be exaggerated by solvents and detergents. These act to break down the glue between layers, allowing them to split and separate. Because of this, patients with this problem should try to reduce the use of nail polish or nail polish remover, and to wear gloves whenever the hands come into contact with detergents.

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Another major cause of brittle nails is overexposure to water. This causes the nails to swell, then shrink and crack as they dry out. Wearing gloves will help, but if exposure to water cannot be avoided, then applying a moisturizing lotion after will help stop the nails drying out too quickly.

Nails are made of the protein keratin, but unless the patient is protein deficient, taking extra will not help.

Sleeping Out Loud

Dear Dr. SerVaas:

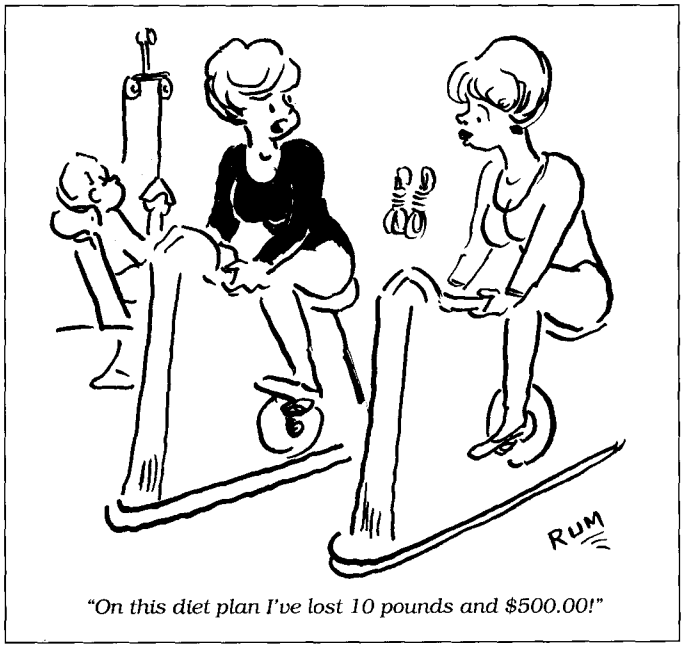
Quite some months ago I began to notice that during the night my wife would not be in bed with me. I would quietly get up and would find her on the couch or in the other bed. Within the last month or so I inquired as to why? It was then that I found out that I was snoring. I had not even realized I snored. And my wife being the sweet soul she is didn't want to tell me, thinking it would hurt my feelings. Last week, while sleeping in the other room, I recorded the first hour of my sleep and I couldn't believe the noise I was making. Incredible!!

Maybe you could give me some information or suggest where I could find out how to get help so I could stop this.

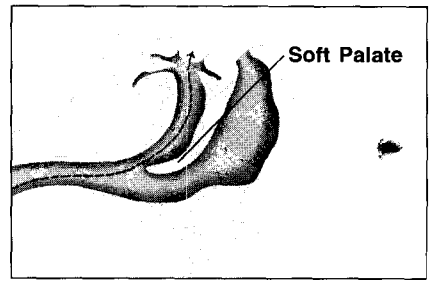
John Jeffers
Townville, South Carolina

Snoring is most often caused by the soft palate, located at the back of the throat, fluttering as the person breathes in and out. This can happen when the diameter of the air passageway is reduced, or when there is excessive loose tissue at the back of the throat. The reduced diameter can result from being overweight, enlarged glands like tonsils, or some structural defect. The loose tissue is often a result of aging. The smaller the airway and the more tissue that flutters, the greater the noise.

For some people alleviating the problem can be as simple as changing the position in which one sleeps (on the side is best) or sleeping in a more upright position by putting two pillows under the head. A traditional method is to sew a marble or even a tennis ball onto the back of the pajamas. This will stop people from sleeping on their backs which can help reduce the snoring. If needed, losing excess weight might help alleviate the problem.



"On this diet plan I've lost 10 pounds and $500.00!"



Sleeping on your back and breathing through your mouth forces air over the loose soft palate. This starts to vibrate, producing the familiar snore.

If these methods do not work, then the doctor to see is a somnologist, who specializes in sleeping problems, or an ear, nose and throat specialist. More drastic treatments available include sleeping with a nasal mask (continuous positive airway pressure mask) which helps keep the air passages open, or the most drastic method, surgery, to remove the loose tissue causing the vibrations.

Most people are positive they don't snore; 86 percent of wives say their husbands snore, and 52 percent of husbands say their wives snore.

Keeping Your Teeth

Dear Dr. SerVaas:

I am 62 years of age and of good general health, but over the past couple of years I have started to lose my teeth. My dentist tells me it is a result of osteoporosis. Is this true and can I do anything to stop it? I have good teeth apart from this. I would hate to have to wear dentures when my teeth are to all intents and purposes healthy.

Jeannine Curtis
Des Moines, Iowa

The loss of bone mass and strength as a result of osteoporosis does not just affect major bones like the hips or spine as is commonly understood, but can affect all the bones of your body, the jaw included. Your dentist is often the first doctor to identify the start of osteoporosis.

Your physician can help prevent tooth loss from osteoporosis by putting you on a special diet to improve your calcium intake.

Good dental hygiene is also vital as it helps prevent gum disease which can aggravate this problem.

A Toast to Your Health

Dear Dr. SerVaas:

I'm told that red wine is good for lowering cholesterol. My cholesterol levels are high but I would rather not drink alcohol. Will grape juice help?

Melissa Willhoit
Los Angeles, California

Yes, there is good news for nondrinkers. Grape skins contain the chemical compound resveratrol, used by the vine to ward off fungal infection. In recent tests at Cornell University in Ithaca, New York, Dr. Leroy Creasy identified the chemical resveratrol as very effective at lowering cholesterol levels. Makers of red wine include the skins of the grapes with the juice; makers of white wine don't. Dr. Creasy's research has shown that ordinary grape juice which uses the skins of red grapes, contained more resveratrol than 60 percent of the wines he tested.

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Did you know that writing a Will may be one of the biggest mistakes we can make?

It's true!

A Will doesn't protect our loved ones against paying huge fees to lawyers, executors and courts for even the smallest estate. Probate can slice up to 10% or so from an estate and take months or years for final settlement.

In fact, the only thing worse than having just a Will is the nightmare that's created when you have no Will at all.

Because then the State steps in to decide who gets our assets -- our bank account, home, car, valuables, other possessions. Money we've worked so hard to earn is gobbled-up by court and legal fees before our heirs ever get one penny.

What can the average wage earner do to avoid the financial headaches of a Will? Plenty.

Today, under current laws anyone can eliminate costly legal and court fees with a little-known, simple legal paper called a Living Trust. And you don't have to be rich to enjoy it's benefits.

A Living Trust has been praised by our nation's leading financial planners, and reported in publications such as The Wall Street Journal, Money Magazine, Business Week and others because:

- It eliminates the costly and lengthy probate process. The estate goes directly to your heirs without going through the courts.
- It eliminates the need for an attorney and legal fees that cut your estate. Does away with all court costs, too.
- It gives you complete control of your estate to make sure that all your wishes are carried out.
- A Living Trust is revocable, which means that you can change your mind at any time about who is going to receive your assets.
- It gives you the right in most cases to name yourself as a trustee, and your spouse or someone else as a co-trustee. Plus the right to change trustees at any time.
- If you own out of state real estate, like a vacation house or cabin, you can save a bundle by avoiding the need for probate in a second state.
- Unlike a Will where your finances and everything you own is a matter of public record for anyone to see, a Living Trust is secret.

The Wall Street Journal reported that it takes two years to complete the average probate in California. The article also stated that since a Living Trust is much faster, cheaper, and more private than settling a Will, there are many advantages to using a Living Trust instead of just a Will.

And Business Week reported that many people are using a Living Trust instead of a Will to reduce the possibility of heirs fighting over your estate.

You must never forget that a Will must be probated and the fees for the probate lawyer and executor -- not including court fees -- range from 6% to 10% and are paid before any of your heirs receive their inheritance. That can take a big chunk out of even the smallest estate when attorneys charge anywhere from $60.00 to $150.00 an hour or more!

Look at what happened to the modest estate of Simon Morris:

- The Will of Simon Morris, a Florida resident, left $77,500 in cash to his widow. Before she could receive it, the probate process grabbed $9,375.
- Mr. Ken Bradley left $144,567 directly to his surviving spouse. The probate "fees" of $8,500 were appealed by the widow. The court ordered a refund of $7,750 with interest.
- R.L. Roberstone probably thought his Will would get his $162,114 safely to his heirs. As they found out probate fees amounted to $6,484.59.

The pity of it all is that these people could have avoided having large bites taken out of their hard-earned property by using a Living Trust. They could have passed every cent to their loved ones without squandering money on probate.

If you think a Living Trust is only for millionaires --- you couldn't be more wrong. Whether you earn $25,000 or $100,000 a year -- and whether your assets are huge or small -- a Living Trust will save you money. In fact ... on a percentage basis Living Trusts save more on small estates than large ones!

And you can save even more because we have shown hundreds of thousands of people just like you how to do it. It's simple.

The DSA Living Trust Kit was developed after much research with a team of legal scholars and practicing attorneys. It explains in easy-to-understand language how to set up your own Living Trust.

Instructions and guidelines are written in simple English. Illustrated step-by-step forms show you how to custom-tailor a legal trust to meet your special personal needs.

- Titles to your real estate, automobiles, boats, stocks, etc. are all safeguarded in your Trust.

Though DSA's exclusive Living Trust Kit will save you a small fortune -- and save your loved ones thousands of dollars later on -- we have kept the price especially low to enable everyone to benefit from it. And now you can save even more. We've cut the price in half and we insist you examine it on a 90-Day No-Risk Trial.

It's easy to get your Living Trust Kit. All you have to do is print "Living Trust" on a sheet of paper. Send it along with your check or money order in the amount of $9.95 plus $2 handling instead of $19.95 or charge to your VISA/MasterCard by including account number and expiration date to: DSA Financial Publishing Corp., Dept. W4102, 708 - 12th Street N.W., Canton, Ohio 44703. For even faster service, VISA/MasterCard or C.O.D., call toll free 1-800-321-0888, Ext. W4102.

Send for your Living Trust Kit within the next 15 days and you'll also get a unique Free Bonus Report on estate planning. The supplies are limited so you must act now.

Want to save even more? Do a favor for a relative or close friend and order a second Kit. That's 2 for only $20 postpaid. Use your Kit for 90 risk-free days. Show it to your lawyer or advisor. If not 100% delighted--don't keep it. Simply tear off the cover and send half of it back for a full refund. Fair enough?

A Living Trust is too important to put off another day. Especially when you can get the same kit thousands paid $19.95 for at half price. So order by phone or mail now!

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Special Offer
$19.95 Living Trust Kit
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Garth Brooks

continued from page 38

face. "I thought the world was waiting for me," he says, "but there's nothing colder than reality." Two years later, even more determined, he returned, this time with a college degree in advertising; his new bride, Sandy (the girl he'd left behind in '85); and a band called Santa Fe, a regional group he'd played with at OSU. "It was fun for the first month, living with your dreams," he recalls, "but once again reality rang the doorbell. It just fell apart right in front of our eyes."

The band disintegrated, but gradually Garth's solo career began to take shape. In between his shifts at the boot store where Sandy also worked, he started singing songwriter demos and writing songs. He got his big break when Capitol Nashville executives heard him perform at a Nashville Entertainment Association showcase and inked a recording contract.

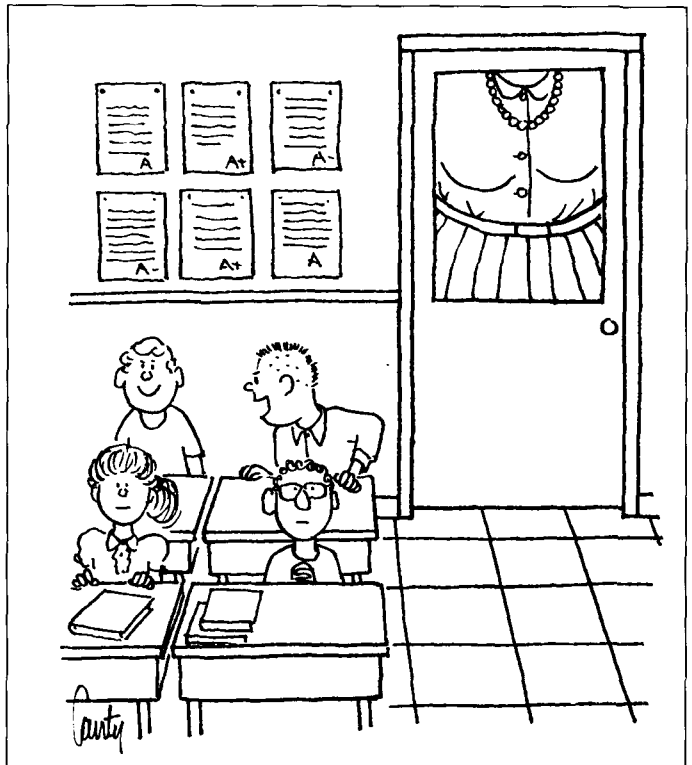
You'd think a man like this would be confident, maybe even arrogant, since he accomplished all this in a mere two years. Not Brooks. "Just for the record," he says, with a penetrating look, "I don't think I'm at the top. The top is reserved for people that aren't me; I like being the underdog."

There are two sides to Garth Brooks, and both are public. Sometimes he's manic, unpredictable, the ultimate showman—even his band doesn't know what he'll do next. Grab a rope and swing out over the audience? Spray his guitar player with string-in-a-can? Smash a guitar? But he's also tender, vulnerable, real—and that's what pulls his audience in closer; because he lives his songs, his listeners do, too. It's OK to laugh during a Garth Brooks concert; it's also OK to cry.

"He's like yin and yang," says syndicated music critic Robert K. Oermann. "Anytime you've got somebody who can melt your heart with a ballad, then turn around and dazzle people onstage, you've got a star. The guy does both—he's a sensitive poet and the wild showman—that's the combination that touches people. He's everyman; he's a people's artist, an everyday guy who made it."

Brooks is compulsive about his career, explaining, "The only time I know I'm really alive and doing something in God's great earth is when I'm in between those speakers and the lights are up and the music is loud. I never want to get down; I never want to get off the stage."

He's so driven, in fact, that he's carefully tucked all of his awards in the basement closet of his Nashville home, fearful he'll get complacent if he sees them every day. It will be hard enough to sustain his current level of success, he points out.



"Let's make this new substitute teacher regret the day she was born."

To what does he attribute his mass appeal? "I don't have a clue," Brooks says, slowly shaking his head. "It's a cool thing to look out and see as many men as you do women; it makes you feel like they're not here for the shell. Could it be that they're here for the music? And that's when everything inside of me clicks—I can't believe somebody's here for what it's actually all about."

But it *is* the music his audience comes for. Showmanship is wonderful, but you can't hum it on the way home. Garth and producer Allen Reynolds (also known for his work with Kathy Mattea) are widely respected in the music industry for their stellar song selection. "It has to *mean* something to me," Brooks says. "I would rather have one song that was *from the heart than 80 songs that* were clever and went to No. 1 on the charts. If I get a song that I feel is on a parallel from my heart to yours, instead of coming from my mouth to your ears," he says, "then I think I've got something."

"I felt that way from day one with "If Tomorrow Never Comes" and "Much Too Young To Feel This Damn Old." Both convey a feeling that people can relate to—that's important to me. I got a letter from a lady in Texas that said, 'I followed you three nights in a row throughout Texas and heard "If Tomorrow Never Comes every night but never *heard it until I went out and* bought the tape. This past week my father passed away; now I know what the song is saying. Keep up the good work, good luck—I've got to go now 'cause I've got to tell some people that I love 'em.' When you read things like that, that's when you look back and say, 'The first trip to Nashville was worth it.' All the heartache I have suffered because I have chosen music over other things is worth it."

His "hands down" favorite is "The Dance," from his first album. "When I'm listening to the album, I still push repeat and play it seven or eight times, just like the very first time I ever heard it. It just doesn't wear or burn out for me. It's the one he wants people to remember him by. "If I had to trade one yesterday so I could have one more tomorrow, I don't think I'd do it," he says pensively. He may change his mind about that statement in July, however—that's when the couple's first child, Taylor Mayne, will be born.

Brooks readily confesses that despite his dynamic onstage persona, he loves to be "babied" by Sandy on stage. Nevertheless, he took months off the road to stay with her, take care of her and "be a husband," not an ear

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If you have Leg Pain or Angina, Read This before it's Too Late

(SPECIAL FEATURE)-If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves-the natural way-without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

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- **Lower the incidence of heart disease**
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- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
- **Reduce blood triglyceride levels**
- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
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- **The real truth about polyunsaturated fats**
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- **What simple food helps you lose weight**
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task since she was under "threatened miscarriage" during much of the pregnancy. Although instant fame hasn't been easy on the couple, they've survived the tough times and forged a strong bond. "When the label and management asked us to pull back from publicity," he says, "we pulled back and found that inside our house, it was just me and her. I introduced myself to her and she introduced me to one of the neatest people I've ever met—I've been living with her for six years and didn't know her."

And one of the reasons all those music awards are hidden away under the basement stairs is that, "Our house is a house for loving, for fighting and making up, for learning, for screaming at each other, for laughing—it's not a house for music. Music has given us the house, music has given us the food to eat, but that house is for Sandy and me as a family."

This quiet time (interrupted by a few interviews and multiple recording sessions—he's been working on two albums) has been a reflective time; he realizes he'll have to make major changes in his life after the baby arrives. "I've always had a wife who understood the big weight I put on music, but a child will not and I understand that. Out of all the things I remember as a kid, it was the attention—to know that someone was interested in what I was doing."

Will he handle child rearing responsibilities differently from his parents? "You know I really wouldn't," he says. "There's things that I *should* do differently, but to tell you the truth, if I was in their shoes and my son was looking at me saying, 'I really don't want to go to college, I want to play music,' I'm going to take the kid by the hair and try to throw him through a wall and tell him, 'No. You get your college degree, then go start your music,' the same way my parents told me." That's probably why he's so tickled their firstborn will be a girl. "I think I'd probably be too hard on a boy," he confides.

What does the future hold for Brooks? Will he be able to sustain his success? Adjust to fatherhood? He shrugs and says, "I'll just have to look at it as the next phase of where Garth Brooks is going."

Where Do You Think You Are?

(answers from page 84)
(Theme: Cities with state names)

1. Delaware, NJ
2. Virginia, MN
3. Indiana, PA
4. Iowa, LA
5. Louisiana, MO
6. Michigan, ND
7. Nevada, MO
8. Oregon, WI
9. Vermont, IL

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50 Hits From The 50's
LP's ★ Tapes ★ Compact Discs

Music, Music, Music / Teresa Brewer • **You Belong To Me** / Jo Stafford • **Love Is A Many Splendored Thing** / The Four Aces • **Slowpoke** / Pee Wee King • **Sincerely** / The McGuire Sisters • **Heart Aches By The Number** / Guy Mitchell • **Tennessee Waltz** / Patti Page • **That's Amore** / Dean Martin • **Blue Tango** / Leroy Anderson • **Because Of You** / Mario Lanza • **I'm Walking Behind You** / Eddie Fisher • **Que Sera Sera** / Doris Day • **Sh-boom** / The Crew Cuts • **The Naughty Lady Of Shady Lane** / The Ames Brothers • **Mona Lisa** / Nat King Cole • **Catch A Falling Star** / Perry Como • **Cherry Pink And Apple Blossom White** / Perez Prado • **He'll Have To Go** / Jim Reeves • **Oh Lonesome Me** / Don Gibson • **Oh My Pa-Pa** / Eddie Fisher • **Round And Round** / Perry Como • **The Wayward Wind** / Gogi Grant • **Sixteen Tons** / Tennessee Ernie Ford • **The Three Bells** / The Browns • **Autumn Leaves** / Roger Williams • **April Love** / Pat Boone • **Tammy** / Debbie Reynolds • **Chattanoogie Shoe Shine Boy** / Red Foley • **Sugartime** / The McGuire Sisters • **Volare** / Domenico Modugno • **This Ole House** / Rosemary Clooney • **Patricia** / Perez Prado • **My Prayer** / The Platters • **The Rock And Roll Waltz** / Kay Starr • **You, You, You** / The Ames Brothers • **Cattle Call** / Eddy Arnold • **Mac The Knife** / Bobby Darin • **The Thing** / Phil Harris • **Mister Sandman** / Chordettes • **Hot Diggity** / Perry Como • **Purple People Eater** / Sheb Wooley • **Moonglow And Themes From Picnic** / Morris Stoloff • **Hearts Of Stone** / Fontane Sisters • **Rag Mop** / Ames Brothers • **Chances Are** / Johnny Mathis • **Love Me Tender** / Elvis Presley • **Little Things Mean A Lot** / Kitty Kallen • **Goodnight Irene** / Gordon Jenkins with The Weavers

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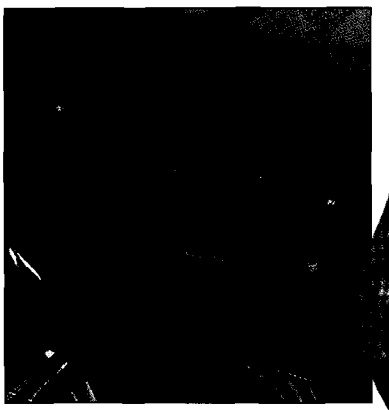
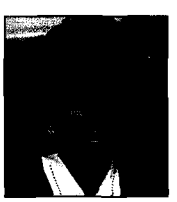


Pat Boone

"My career puts many demands on me. My hectic schedule, personal appearances and constant travel were beginning to wear me down. About four years ago I met Madeline Balletta, a delightful lady who was filled with energy, stamina and a wonderful zest for life." Pat Boone met the *new* Madeline. Years before, she was constantly tired and too run down to properly care for her family. "Her secret became my secret when she shared with me how a well-balanced diet and **Bee-Alive** could lead to a more nutritional way of life!"



Madeline recalls "When I first met Pat Boone, I saw a man who juggled a career in the spotlight with the demands of being a father *and a grandfather*. Pat also loved to play tennis, golf, run and cycle. He was definitely a man who wanted to accomplish it all, but needed a little help. I was delighted when Pat tried **Bee-Alive** and saw that it enhanced his overall energy level!"

Madeline was convinced that **Bee-Alive** could help Pat because she had already seen it do so much for so many people... people who are trying to keep fit, but simply lack the energy to exercise regularly; people who wake up tired and stay tired all day long; people who know the benefits of good nutrition, but often do not have the time to prepare nutritious meals.

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- **a child** struggling with the competitive demands of school and extracurricular activities

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As Pat Boone says, "I can tell you first hand that **Bee-Alive** increases the energy and stamina I need to get through my busy schedule. I have passed my secret along to family and friends. When you find something good, you want to share it with those you love. There are many things precious to me... including my white bucks and my **Bee-Alive**."

Pat adds, "Although I still sing Love Letters In The Sand and April Love, these days I'm singing the praises of Bee-Alive!"

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